



## SPARTA TAE KWON DO STUDY MATERIALS

### TAE KWON DO – A Brief History:

Taekwondo or Tae Kwon Do is the national martial art of Korea. The literal Korean translation of Tae Kwon Do is: “*Tae*” means to kick, “*Kwon*” means to strike with the hand and “*Do*” means the “way”. Taken together, it means “the way of kicking and punching” or “the way of the hand and foot.”

The earliest record of Tae Kwon Do dates back to more than **2,000 years** of Korean history. At that time, Korea was divided into kingdoms: **Silla (Cee-la)**, **Koguryo (Ko-goor-yo)** and **Paekje (Peck-jay)**. As in all ancient kingdoms, each developed a warrior class, notably the “**Hwarang**” (**Wa-rang**) of the **Silla** and “**Sonbae**” (Son-bay) of the **Koguryo** kingdom.

“**Taeyon**” the early name of Tae Kwon Do, first appeared in the Koguryo kingdom. It was then handed down to the “Hwarang”, credited for spreading the art throughout Korea during the reign of the Silla dynasty.

The Koryo dynasty which reunified the Korean peninsula after the Silla developed Taekyon into a more systematic military training making it compulsory subject in the examination of military cadets. During this time “taekyon” became known as “**Subak**”.

During the Japanese occupation of Korea in World War II, the practice of “taekyon” or “subak” was prohibited. The art was practiced in secret, and its popularity waned until in 1943, the first judo and then karate and kung fu were officially introduced. The following two years, there was a dramatic increase in the interest in the martial arts. It was only after the liberation of Korea in 1945 that the native martial art “taekyon” or “subak” started to flourish again. This time the styles varied depending on the influence each master had absorbed from either Japanese or Chinese system.

In 1955, a meeting was convened to unify the various schools (**Kwans**) under a common name. The name **Tang Soo Do** was generally accepted by all masters and agreed to merge the different styles for the benefit of all. Two years later, the name changed again to the now familiar Tae Kwon Do due to its similarity to the original name of Taekyon.

In 1961, the **Korea Tae Kwon Do Association (KTA)** was formed in an effort to further unify the various schools. In 1971, Tae Kwon Do was nominated as Korea’s national martial art. The **Kukkiwon** was founded in 1972 to be used as the central gymnasium as well as the site for various Tae Kwon Do tournaments. In 1973 the **World Tae Kwon Do Federation (WTF)** was established and put to task to oversee all Tae Kwon Do activities outside Korea. The WTF is the only official organization recognized by the Korean government coordinating and regulating Tae Kwon Do activities around the world.

In 1973, the first biennial World Tae Kwon Do Championship was organized. In 1975, the **U.S. Amateur Athletic Union (AAU)** accepted Tae Kwon Do as an official sport. In 1980 the **International Olympic Committee (IOC)** recognized the WTF as a sport federation which resulted to the inclusion of Tae Kwon Do as an Olympic Sport.

Currently, the WTF recognize the **U.S.A Taekwondo (USAT)**, formerly know as the United States Tae Kwon Do Union (USTU), as the governing body of TKD activities in the United States. USAT is also a member of the **United States Olympic Committee (USOC)**.

Sparta Tae Kwon Do is a member of the USAT and the California State Tae Kwon Do Association. Sparta is an acronym for *S-Speed, P-Power, A-Agility, R-Respect, T-Tenacity* and *A-Attitude*. The physical and mental attributes of a well rounded martial artist.

### **TENETS OF TAE KWON DO**

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

### **COMPOSITION OF TAE KWON DO**

Basic Techniques  
Forms  
Sparring  
Breaking  
Attitude

### **THEORY OF POWER**

Reaction Force  
Concentration  
Equilibrium  
Breath Control  
Speed  
Mass

### **ETHICAL RULES OF TAE KWON DO – “Hwarang Creed”**

Loyalty to nation  
Obedience to parents  
Confidence in friends  
Never retreat from enemy attack  
Refrain from the senseless killing of all living things

### **STUDENT OATH**

I shall observe the Tenets of Tae Kwon Do and it's Ethical Rules  
I shall respect Instructors and Seniors  
I shall never misuse Tae Kwon Do  
I will be a Champion of Freedom and Justice for all  
I will build a more peaceful world.

# THE AMERICAN FLAG



## MEANING OF THE COLORS:

- White - Signifies Purity and innocence
- Red - Signifies Valor and bravery
- Blue - Signifies Vigilance, perseverance and justice

## MEANING OF THE SYMBOLS:

- Stars - symbols of the heavens
- 50 Stars - represent the 50 states that currently make up the union.
- Stripes - symbolic of the rays of light emanating from the sun.
- 13 Stripes - represents the first 13 colonies

# THE KOREAN FLAG



## MEANING OF THE COLORS:

- White - mean peace
- Red - signifies the “yang” – sun, heaven, day, summer, man
- Blue - signifies the “ying” – moon, earth, night, winter, woman

## MEANING OF SYMBOLS

- Taeguk - represents harmony of opposing forces, the dualism of the universe
- Kwae - the broken or unbroken bars, the principle of movement and harmony.
- Unbroken bars represent yang and broken represents ying.



Heaven  
(Kun)



Water  
(Kam)



Fire  
(Yi)



Earth  
(Kon)

## KOREAN TERMINOLOGY

### General Terminology

<b>Guk-ki</b>	Flag	<b>Dojang</b>	Gymnasium
<b>Dobok</b>	Uniform	<b>Kihap</b>	Yell
<b>Poomse</b>	Forms	<b>Gyoorogi</b>	Sparring
<b>Hosinsool</b>	Self Defense	<b>Kyukpa</b>	Breaking
<b>Chong</b>	Blue	<b>Hong</b>	Red
<b>Pil Sung</b>	Victory or Reward		

### Commands

<b>Charyot</b>	Attention	<b>Kyung-ne</b>	Bow
<b>Joon-bi</b>	Ready position	<b>Si-jak</b>	Start or begin
<b>Gu-mahn</b>	Stop	<b>Kalyeo</b>	Break
<b>Kae-sok</b>	Continue	<b>Barro</b>	Back to Ready

### Numbers

#### Counting:

<b>Hana</b>	One
<b>Dul</b>	Two
<b>Set</b>	Three
<b>Net</b>	Four
<b>Dasot</b>	Five
<b>Yasot</b>	Six
<b>El-gub</b>	Seven
<b>Yo-dol</b>	Eight
<b>Ahob</b>	Nine
<b>Yul</b>	Ten

#### Listing:

<b>Il</b>	First
<b>Ee</b>	Second
<b>Sam</b>	Third
<b>Sa</b>	Fourth
<b>Oh</b>	Fifth
<b>Yuk</b>	Sixth
<b>Chil</b>	Seventh
<b>Pal</b>	Eight
<b>Koo</b>	Ninth
<b>Sip</b>	Tenth

### Ranking

<b>Gup</b>	Color Belt Rank	<b>Dan</b>	Black Belt Rank
<b>Kwang-jang-nim</b>	Master Instructor	<b>Sah-bu-nim</b>	Master
<b>Bu-sah-bu-nim</b>	Instructor		

### Kicks (Chagi)

<b>Ahp Chagi</b>	Front Kick	<b>Dollyo Chagi</b>	Roundhouse kick
<b>Yop Chagi</b>	Side Kick	<b>Dwi Chagi</b>	Back kick
<b>Nearyo Chagi</b>	Ax Kick	<b>Bandul Chagi</b>	Crescent kick

### Strikes (Chigi)

<b>Jireugi</b>	Forward punch	<b>Sonnal Chigi</b>	Knife hand strike
<b>Pal kup Chigi</b>	Elbow Strike		

### Blocks (Makki)

<b>Ol-gul Makki</b>	High Block	<b>Momtong Makki</b>	Middle Block
<b>Ah-re Makki</b>	Low Block	<b>Sonnal Makki</b>	Knife hand Block
<b>Hecho Makki</b>	Spreading Block		