

# Tenets of Tae Kwon Do

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



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## Student Oath

I shall observe the tenets of Tae Kwon Do

I shall respect the instructor and seniors

I shall never misuse Tae Kwon Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

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# Tae Kwon Do

Tae Kwon Do is an art form, sport and method of self-defense. It is an ancient art. It was devised to strengthen an individual's weaknesses and limitations, mentally and physically.

"Tae" means "to kick or squash with the foot", "Kwon" means a hand or fist to block, punch, strike or destroy, "Do" means an "art or way". Thus, "Tae Kwon Do" means the art of kicking, blocking and punching.



Tae (태) : Foot  
Kwon (권) : Fist  
Do (도) : The Way

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# School Motto!!

To Build True Confidence Through Knowledge in the Mind,  
Honesty in the Heart,  
and  
Strength in the Body.

To Keep Friendship with One Another  
and  
To build A Strong and Happy Community.

Never Fight to Achieve Selfish Ends  
but  
To Develop Might for Right.

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# Five Requisites on Mental Training

- 1) Oneness with nature
- 2) Complete awareness of environment
- 3) Experience
- 4) Conscience
- 5) Culture

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## **Guidance Policy of Moo-Duk Kwan**

- 1) Protect the art of Tae Kwon Do with justice
- 2) Cultivate character and personality through training for discipline
- 3) Unity through sincerity and courtesy

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## Moo-Duk Kwan Emblem



1. Laurel leaves - The fourteen laurel leaves on each side represent the fourteen states of Korea and the advancement of peace.
2. The three seeds joined to the laurel leaves on each side of the emblem represent the "three thousand li" (the distance running north to south) of the "land of morning calm" and its success.
3. The six seeds in total indicate the world and represent the six continents.
4. The fist represents Tae Kwon Do and justice.
5. The Korean character in the center of the circle means Moo Duk Kwan.
6. The character on the left of the circle means Tae and the character on the right of the circle means Kwon.
7. The deep blue color of the emblem represents the three oceans and black belts.

As a whole, the emblem symbolizes the spreading of Moo Duk Kwan throughout the fourteen states, i.e. all of Korea, and then across the oceans to the six continents of the world. Moo Duk Kwan, as an international institution, is to achieve the objectives of peace and human advancement as the emblem symbolizes.

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# Terminology

Uniform: Dobok	Belt: Dee	Place where one trains: Dojang
Student: Haksang	Master Instructor: Sabumnim	Yell: Kihap
Kup: Grade level (color)	Dan: Degree (black belt)	Sparring: Kyorugi
Blue fighter: Chung	Red fighter: Hong	Begin: Sijak
Stop: Goman	Warning: Kyong go	Deduction of point: Gan jeum
Attention: Charyuht	Ready stance: Choon bi	Horse stance: choon bi soki
Baro: Return to starting position	Dorah: Turn	Dwiaro Dorah: About face
Kyungnae: Bow	Kam sa han ni da: Thank you	An yeong has a yo: Hello, how are you?
Korean Flag: Taeguk-ki	Line up: Gib hap	

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