



Sound Mind and Body School of Taekwondo

1558 St. Clair Avenue. St. Paul, MN 55105

(651) 698-5951

Terminology Sheet

SCHOOL MOTTO

HEALTH OF BODY, PEACE OF MIND
(Shin che eh gun gong ma um eh pyong hwa)

TERMINOLOGY

TAE – A system of foot techniques	KWON – A system of hand techniques	DO – Art (of experiencing the ultimate being through physical and metaphysical enlightenment.)
CHA-RYUT – Attention	HOORYO – Hook	HA-NA – One, IL – First
KYUNG-NE – Bow	MIRRO – Push	TUL – Two, EE – Second
SAR-BUM-NIM – Instructor	CHAGI – Kick	SET – Three, SAHM – Third
KWAN-JANG-NIM – Headmaster of School	KI-HAP – Yell	NET – Four, SAHR – Fourth
DO-JANG – Gym, Place of work out	KEE-MAR-SAY – Horse riding stance	DA-SOT – Five, OH – Fifth
KWAN – School	AP-SU-GI – Short front stance	YO-SOT – Six, YUK – Sixth
JUN-BE – Ready	AP-KOO-BI – Long front stance	IL-GUP – Seven, CHIL – Seventh
BARROW – Resume ready position	DWIE-SU-GI – Back stance	YO-DUL – Eight, PARL – Eighth
DWIE-RO-DOLL-RA – Turn around	BUM-SU-GI – Cat stance	AH-HUP – Nine, GOO – Ninth
SHI-JAK – Begin	PYON-EE-SU-GI – Easy stance	YUHL – Ten, SIP – Tenth
KO-MAHN – Stop	JI-RU-GI – Punch	SOO-MOOL – Twenty
SHI-YUH – Rest	MAR-GEE – Block	SO-ROON – Thirty
HAY-CHO – Dismissed	MOM-TONG – Middle section of body	CHUNG – Blue
SOO-GO – Thank you (for workout)	AH-RAY – Low section of body	HONG – Red
KAHM-SA-HAM-NI-DA – Thank you, sir	UL-GUL – Face section	SUNG – Winner
DO-BOKE – Uniform	POOM-SE – Form	KYUNG-GO – Warning (half-point deduction)
AP – Front	KYO-RUGI – Sparring	GAM-JUM – Deduction (full point)
YUP – Side	KYUP-KA – Breaking	SHI-GAN – Time-out
DWIE – Back	HO-SHIN-SUL – Self-defense	KAY-SHI – Injury time-out
DOL-LYO – Round	HO-GOO – Chest protector	KAL-YEO – Break
NAIRYO – Ax	KUKIE – Flag	KAY-SOK – Continue

RULES AND REGULATIONS

1. Bow to the flag and instructor when entering or leaving the school.
2. Do not enter class late or leave early without permission.
3. Conduct must be appropriate at all times (no laughing, loud conversation, horseplay, foul language, bad behavior, etc.).
4. No wearing of watches, earrings, necklaces, bracelets, or other jewelry while training.
5. Wear a clean uniform. Keep hands and feet clean and nails trimmed.
6. Do not engage in any activities which might degrade taekwondo ethics or the *school's* reputation.
7. When speaking to any black belt or instructor use formal address and words of consideration such as “yes sir” or “no ma'am”.
8. Students are expected to be courteous and understanding. They are also expected to help fellow students whenever possible.
9. Any substitute teacher should be treated as you would your instructor.
10. Students must have the approval of the *school* to enter any tournament competition or demonstration or participate in activities held by another school of taekwondo.

TAEKWONDO OATH	MEANINGS OF BELT COLORS
<ul style="list-style-type: none"> • I shall observe the tenets of taekwondo • I shall respect the instructor and senior belts • I shall never misuse taekwondo • I shall be a champion of freedom and justice • I shall build a more peaceful world 	<p>White – Purity, innocence Gold – Roots, foundation Green – Growth Purple – Ambition, reach Brown – Maturity Red – Danger, warning Black – Mastery</p>

TENETS OF TAEKWONDO	
Courtesy	Be kind to others; show them respect and dignity
Integrity	Act on principles of right and good (do the right thing).
Perseverance	Set a goal and work steadily toward it.
Self-Control	Be the master of your self in all ways.
Indomitable Spirit	Strive to overcome challenges that seem overwhelming.