

# **GREAT MALVERN**

- SCHOOL OF -

# **TAE KWON DO**



# **COLOUR BELT THEORY**

GREAT MALVERN SCHOOL OF TAE KWON DO IS AFFILIATED TO COBRA MARTIAL ARTS  
ASSOCIATION

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**MEANING AND INTERPRETATION OF PATTERNS**

Patterns are a series of attack and defence movements performed against imaginary opponents in various directions. they should be performed precisely, accurately, at full power and with good balance and posture.

The name of each pattern, the number of movements and the pattern diagram refer to an heroic figure in korean history or to historical events.

Each pattern teaches us technique, balance and sparring skills.

**BELT MEANINGS**

**WHITE BELT**

Signifies innocence with little knowledge of Tae Kwon Do.

**YELLOW BELT**

Signifies the earth from which the plant takes root as Tae Kwon Do foundations are laid.

**GREEN BELT**

Signifies the plant (student) growth as Tae Kwon Do skills develop.

**BLUE BELT**

Signifies the heaven towards which the plant matures into a tree as training progresses.

**RED BELT**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away

**BLACK BELT**

Signifies maturity and proficiency in Tae Kwon Do. It is the opposite of white and indicates and imperviousness to darkness and fear.

**TRANSLATED FROM THE KOREAN TAE KWON DO MEANS:-**

**TÆ**

to jump, kick or smash with the foot.

**KWON**

to punch or destroy with the hand or fist

**DO**

the way, art or method

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# **TENETS OF TÆ KWON DO**

**COURTESY**

being polite and respectful

**INTEGRITY**

being honest with yourself, making sure your actions are consistent with your values

**PERSEVERANCE**

never giving up trying

**SELF CONTROL**

to know your limits, to live, work and train within your capabilities to protect yourself and others from harm.

**INDOMITABLE SPIRIT**

to never want to give up trying

**MODESTY**

being humble

Tae Kwon Do is a character building art form and aims to promote universal peace and happiness, create self confidence and encourage personal achievement.

# KOREAN TERMINOLOGY

## COUNTING

One - Hanah  
 Two - Dool  
 Three - Set  
 Four - Net  
 Five - Tasau  
 Six - Yasau  
 Seven - Ilgop  
 Eight - Yodol  
 Nine - Ahup  
 Ten - Yol

## GENERAL TERMS

Training Hall	Dojang
Training Suit	Dobuk
Belt	Dee
Master	Kwan Jang Nim
Instructor	Sah Bum Nim
Basic Exercises	Kebon Don Jak
Patterns	Hyung or Poomse
Grade Level	Kup
Degree Level	Dan
Hand	Son
Palm	Sonbadak
Knifehand	Sonkal
Ridgehand	Sonkal Dung
Forearm	Palmok
Foot Sword	Balkal
Ball of the Foot	Apkumchi
Heel	Dwitkumchi
Instep	Baldung
Shin	Kyong Gol
Twimyo	Flying

## SPARRING EXERCISES

Three Step Sparring	Samba Matsoki
Two Step Sparring	Ibo Matsoki
One Step Sparring	Ilbo Matsoki
Semi Free Sparring	Ban Jayo Matsoki
Free Sparring	Jayoo Matsoki

## FOOT TECHNIQUES

Front Kick	
Side Kick	
Turning Kick	
Side Piercing Kick	
Side Thrusting Kick	
Back Piercing	
Front Snap Kick	
Stamping Kick	
Downward Kick	
Reverse Turning Kick	
Reverse Hooking Kick	
Twisting Kick	
Vertical Kick	
Flying Kick	
Rising Kick	
Crescent Kick	
Checking Kick	
Hooking Kick	
Sweeping Kick	

Attention
Bow
Ready
Start
Stop
End Return
At Ease
Turn

## CLASS DISMISSED

## STRIKE

Downward Strike
Front Strike
Inward Strike
Elbow Strike
Knifehand Strike
Backfist Strike

## BAL GISOL

Ap Chagi
Yop Chagi
Dollyo Chagi
Yop Cha Jirugi
Yop Cha Tulgi
Dwitcha Jirugi
Ap Cha Bisugi
Cha Bapgi
Naeryo Chagi
Bandae Dollyo Chagi

Bandae Dollyo Goro Chagi
Bituro Chagi
Sewo Chagi
Twimyo Chagi
Cha Olligi
Bandal Chagi
Mum Cha Chagi
Golcha Chagi
Goro Chagi

## COMMANDS

Charyot
Kyong Ye
Junbi
Sijak
Koman
Barol
Swiyo
Duiro Doro
Hae Chae

## TAERIGI

Naeryo Taerigi
Ap Taerigi
Anuro
Palkup Taerigi
Sonkal Taerigi
Dung Joomuk Taerigi

# KOREAN TERMINOLOGY

## BLOCKING

Inward Block  
 Outward Block  
 Double Forearm Block  
 Outside Block  
 Inside Block  
 Rising Block  
 Fist Block  
 Knifehand Block  
 Upward Block  
 Downward Block  
 Pressing Block  
 Hooking Block  
 Wedging Block  
 Pushing Block  
 Scooping Block  
 Twin Forearm Block  
 Guarding Block  
 Double Arc Hand Block  
 Circular Block  
 Nine Shape Block  
 U-Shape Block  
 Palm Heel Block

## MAKGI

Anuro Makgi  
 Bakuro Makgi  
 Doo Palmok Makgi  
 Bakat Makgi  
 An Makgi  
 Chookyo Makgi  
 Joomuk Makgi  
 Sonkal Makgi  
 Ollyo Makgi  
 Naeryo Makgi  
 Noollo Makgi  
 Golcho Makgi  
 Hechyo Makgi  
 Miro Makgi  
 Duro Makgi  
 Sang Palmok Makgi  
 Daebi Makgi  
 Doobandalsan Makgi  
 Dollyimyoo Makgi  
 Gutja Makgi  
 Mong Dung-I Makgi  
 Son Badak Makgi

## SECTIONS OF THE BODY

High  
 Middle  
 Low  
 Front  
 Side  
 Back

Nopunde  
 Kaunde  
 Najunde  
 Ap  
 Yop  
 Dwit

## ELBOW

Double Side Elbow  
 Straight Elbow  
 Upper Elbow

## PALKUP

Jau Palkup  
 Sun Palkup  
 Wi Palkup

## STANCES

Attention Stance  
 Parallel Stance  
 Close Stance  
 Walking Stance  
 L Stance  
 Sitting Stance  
 X Stance  
 One Leg Stance  
 Bending Stance  
 Vertical Stance  
 Diagonal Stance  
 Fixed Stance  
 Rear Foot Stance  
 Forward Stance

## PUNCH

Obverse Punch  
 Reverse Punch  
 Vertical Punch  
 Side Punch  
 Upward Punch  
 Upset Punch  
 Downward Punch  
 Crescent Punch  
 U Shape Punch  
 Turning Punch  
 Horizontal Punch  
 Knuckle Fist Punch

## DEFENCE MOVEMENTS

Dodging  
 Jumping  
 Stepping  
 Foot Shifting  
 Sliding  
 Turning  
 Foot Lifting  
 Body Dropping  
 Release Technique

## SOGI

Charyot  
 Narani Sogi  
 Moa Sogi  
 Gunnan Sogi  
 Niunja Sogi  
 Annun Sogi  
 Kyocha Sogi  
 Waebal Sogi  
 Gubuyro Sogi  
 Soo Jik Sogi  
 Sasun Sogi  
 Gojung Sogi  
 Dwitbal Sogi  
 Chun Gul

## JIRUGI

So Baro Jirugi  
 So Bandae Jirugi  
 Sewo Jirugi  
 Yop Jirugi  
 Ollyo Jirugi  
 Dwijibo  
 Naeryo Jirugi  
 Bandal Jirugi  
 Digutja Jirugi  
 Dollyo Jirugi  
 Soopyong Jirugi  
 Songarak Joomak

## BANG EU-GI

Phihagi  
 Dee Ge  
 Omgyo Didigi  
 Jujun Bal  
 Mikulgi  
 Dolgi  
 Pal Dulgi  
 Nom Nachug  
 Jap-I-O-Sotae

# **RULES AND REGULATIONS**

**All students must be in possession of current licence and insurance before the first grading.**

**Subscriptions must be paid in full at the beginning of each month.**

**Bow upon entering the Dojang.**

**Bow to your instructor and senior grades when addressed, addressing them as “Sir” or “Miss”.**

**Your Dobuk must be kept clean and pressed.**

**Finger and toenails must always be cleaned and clipped.**

**Smoking, eating, drinking, swearing or wearing jewellery is not permitted in the Dojang.**

**Smoking is not permitted when wearing a Dobuk, even outside the Dojang.**

**Eating is only permitted when the belt has been removed.**

**After your first grading Dobuks must be worn at training unless you have special permission.**

**The wearing of personal clothing is not permitted after your first grading.**

**You must accept your instructor’s decision and show respect to them at all times.**

**Misuse of Tae Kwon Do will result in disciplinary action.**

**Respect other martial arts and artists.**

**Talking during lessons is forbidden as it shows little or no respect.**

**Any student taking part in a lesson must take full responsibility for their own safety as the club will not be liable for any injuries sustained.**

**Each student is responsible for the condition and use of their own safety equipment.**