

U.S. Taekwondo Center

Telephone (843) 903-0600

STUDENT OATH

I SHALL OBSERVE THE TENETS OF TAEKWONDO
I SHALL RESPECT INSTRUCTORS AND SENIORS
I SHALL NEVER MISUSE TAEKWONDO
I WILL BE A CHAMPION OF FREEDOM AND JUSTICE
I WILL BUILD A MORE PEACEFUL WORLD

TENETS OF TAEKWONDO

1. COURTESY
2. INTEGRITY
3. PERSEVERANCE
4. SELF-CONTROL
5. INDOMITABLE SPIRIT

KOREAN TERMINOLOGY OF TAEKWONDO

Kwon Chuhng Nim	Grand Master
Sah Buhm Nim	Master Instructor
Kyoh Sah Nim	Instructor
Chah dee uht	Attention
Kyeong Rye	Bow
Moong yuhm	Medication
Choon Bee	Ready
Shee Jahk	Start
Koo Mahn	Stop
Ba Ro	End Return
Shee oh	Resting
D-wee Doh-rrah	Turn Around
Gal Yeo	Break
Poomsay	Forms
Kyo-rroo-gee	Sparring
Hahnbuhn Kyorroogee	1 Step sparring
Do Jang	Taekwondo Gym
Do Bok	Taekwondo Uniform
Kee Hahp	Yell
kahm Sah Hahm Nee Dah	Thank You

STUDENT CREED

1. WE THE STUDENTS OF THIS SCHOOL, ABIDE WITHIN THE ABSOLUTE SPIRIT OF THE MARTIAL ARTS THROUGH STRINGENT TRAINING OF MIND AND BODY.
2. WE THE STUDENTS OF THIS SCHOOL STAND SOLIDLY UNITED IN A COMMON BOND OF DISCIPLINE AND FELLOWSHIP.
3. WE THE STUDENTS OF THIS-SCHOOL HIGHLY RESPECT THE RULES OF THIS SCHOOL AND OBEY THE INSTRUCTORS COMMAND THAT WE MAY BRING ONLY HONOR UPON OUR SCHOOL AND NO DISHONOR UPON OURSELVES.

RULES FOR THE DOJANG

1. BOW TO THE FLAG WHEN ENTERING THE SCHOOL.
2. BOW TO THE MASTER WHEN ENTERING THE SCHOOL AND AT LEAVING CLASS.
3. BOW TO YOUR SENIORS AND FRIENDS WHEN ENTERING SCHOOL AND AT END OF CLASS.
4. NO SHOES INSIDE THE DOJANG.
5. NO SMOKING OR EATING INSIDE THE DOJANG.
6. NO CHEWING GUM INSIDE THE DOJANG.
7. RESPECT ALL SENIORS BELTS, BOW WHEN ASKING A QUESTION.
8. NO HORSEPLAY, WHISTLING, OR LOUD TALKING.
9. NEVER LOSE YOUR TEMPER, ESPECIALLY WHEN SPARRING.
10. NEVER LEAN ON WALLS OR LAY SPREAD ON THE FLOOR.
11. NO PROFANITY WILL BE USED IN THE DOJANG.
12. BEHAVE IN A DISCIPLINED MANNER WHILE TRAINING.
13. PHONE IF LATE OR NOT ATTENDING CLASS.
14. STUDENTS ARE NOT ALLOWED TO BELONG TO ANY OTHER DOJANG.
15. KEEP FINGER AND TOE NAILS CLIPPED, SHORT, AND CLEAN.
16. WHEN FIXING YOUR UNIFORM OR BELT, NEVER FACE SABUMNIM OR FLAG.
17. NO TALKING WHILE THE INSTRUCTOR IS TALKING OR SPEAKING TO ANY VISITORS WHILE IN TRAINING.
18. KEEP YOUR UNIFORM CLEAN AT ALL TIMES.
19. ADDRESS SABUMNIN AS SIR AT ALL TIMES
20. MEDIATE BEFORE CLASS FOR BETTER CONCENTRATION.

JIREUGI(Attack)

Muhm Tohng Jireu-gee	Middle Punch
Eoulgul Jireu-gee	High Punch
Sohn Nahl Mohk Chi-gee	Neck Chop

MAKKI (Defending Blocks)

Arae Makki	Low Block
Eolgool Makki	High Block
Momtung Makki	Middle Block

CHAGI (Kicking)

Ahp Chah-gee	Front Kick
Yuhp Chah-gee	Side Kick
Tohll-yoh Chah-gee	Round House Kick

NUMBERS

Hah Nah	One	Il
Dool	Two	Ee
Seh (t)	Three	Sahm
Neh(t)	Four	Sah
Dah Suh(t)	Five	Oh
Yoh suh(t)	Six	Yook
Eel gohp	Seven	Chill
Yoh Duhl	Eight	Pahl
Ah Hohp	Nine	Koo
Yuhl	Ten	Ship

DIRECTIONS

Oh-rren	Right
When	Left