



Master Instructor: Daniel Williams / Master Instructor: Denise Williams / Master Instructor: Trent Williams

Terminology

Name of School **Williams Taekwondo**
Name of Master Instructor **Master Dan Williams / Master Denise Williams /
Master Trent Williams**
Name of Instructor **Lloyd Graff / Asha Vang & Megan Graff**
Instructor/Sparring Coach **Master Trent Williams**
Name of Parents **Mr. _____ & Mrs. _____**
Name of Gym **Do-Jang**
Name of Uniform **DoBok**
Name of Belt **Ti** (color belt)
Poom (child Black Belt)
Dan (adult Black Belt)

Counting

1 Ha-na	1 st Eel
2 Tul	2 nd Eey
3 Set	3 rd Saum
4 Net	4 th Sah
5 Ta-sot	5 th Oh
6 Ya-sot	6 th Yook
7 Il-Golp	7 th Chil
8 Yo-Dul	8 th Pal
9 A-hope	9 th Kul
10 Yul	10 th Ship

Instructor Definitions

Master Instructor **Kwon-Jan-nim**
Instructor **Sah-ba-nim**
Assistant Instructor **Kyo-kwan-nim**

General Vocabulary

Attention	Cha-ryot	Forms	Poomse
Flag	Kuk-i-a	Sparring	Gyorugi
Bow	Kung-nae	Warning	Kyungo-Hana
Respect	Chung-sung	Penalty Point	Gumjan-Hana
Get Ready	Jhoon-be	Start Fight	Si-Jak
Start / Begin	Si-jak	Red	Hung
Break / Separate	Kali-oh	Blue	Chung
Yell	Ki-yap	Kick	Chagi
Stop	Ko-man	Block	Makki
Thank you very much	Com-sa-ha-mi-da	Hand Attack	Chidigi

Start of Class

Highest Ranking Student Says **Cha-ryot / Kuk-i-a / Kung-nae**

All Student Say **Taekwondo**

Highest Ranking Student Says **Kwo-jan-nim / Kung Nae**

All Student Say **Chung-sung**

End of Class

Highest Ranking Student Says **Cha-ryot / Kuk-i-a / Kung-nae**

All Student Say **Taekwondo**

Highest Ranking Student Says **Kwo-jan-nim / Kung Nae**

All Student Say **Com-sa-ha-mi-da**

The History of Taekwondo

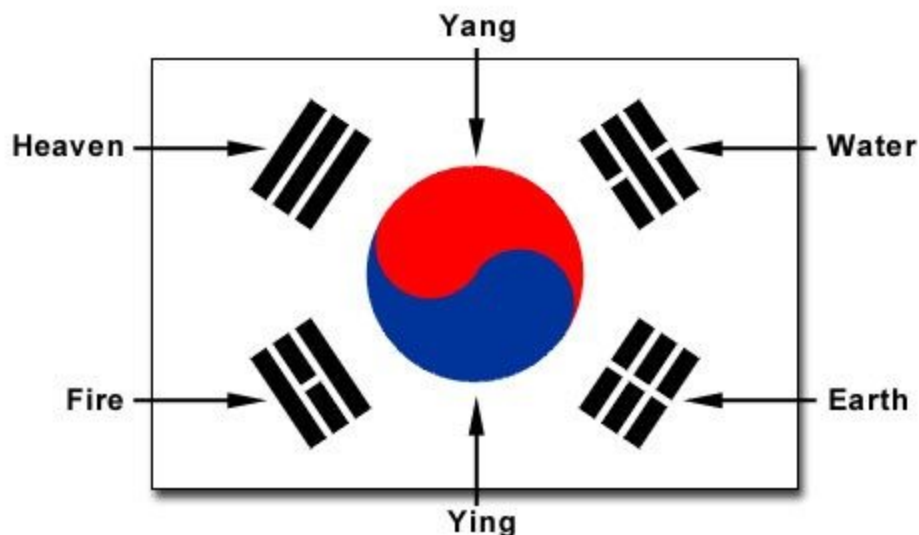
During the 6th century A.D. The Korean peninsula was divided into 3 kingdoms, Silla, Paekche, and Koguryo. Silla was the smallest and in constant danger of being overrun by her more powerful neighbors. In response to this constant pressure, Silla assembled an elite fighting corps of younger members of the higher class, which they called the "Hwarang Do" or "Flower of Youth". The fighting form of the Hwarang Do was known as Tae Kwon. At Kyungju, the ancient capital of Silla, two Buddhist images are inscribed on the Kumkang giant towers portraying two giants facing each other in a Taekwondo stance. About 935 A.D. The art evolved into Soo Bok Do. It was the first art which combined the mind and body into one art. In the Yi dynasty about 1392 A.D., Soo Bok Do became a requirement to enter military school.

In 1980 Taekwondo was formally recognized by the International Olympic Committee as a class A sport leading the way for Taekwondo to be admitted into the 1988 Olympic games as a demonstration sport. In 1992, Taekwondo became a full medal sport.

The Korean National Flag

The circle in the middle represents the Yin and the Yang. Red is the Yang and Blue is the Yin. It represents the concept of opposites that are in constant change, but there is still perfect balance in which the universe exists.

- The lines in the four corners represent four of the trigrams from the "Book of Changes".
- The 3 solid lines in the upper left-hand corner represent "Ch'ien", Heaven.
- The 3 divided lines in the lower right-hand corner represent "K'im", Earth.
- The lower left-hand corner represents "Li", Fire.
- The upper right-hand corner is "K'an", Water.
- The trigrams and the Yin and Yang are placed on a white background which represents "Purity and Sincerity".



What does the “Ji Do Kwan” Symbol Represent?

It doesn't matter how many times you get knocked down, you always get back up...
“Weebles wobble, but they don't fall down”.

The Importance of Forms?

1. Concentration
2. Control
3. Balance
4. Movement
5. Breath Control

The Importance of Sparring?

1. Concentration
2. Control
3. Precision
4. Timing

The Basic Blocks & Kicks

Seven (7) Blocks in Korean

Low Block	Ar-ree-makki
High Block	Ul-gu-makki
Outer Block	Chung-dan-paccat-makki
Inner Block	Chung-dan-ahn-makki
Knife Hand	Sol-nal-mok-chidigi
Spear Hand	Sone-good-chidigi
Double Knife Hand	Tul-sone-nal-monetone-maki

Four (4) Kicks in Korean

Front Kick	Ahp-Chagi
Side Kick	Yup-Chagi
Roundhouse Kick	Dolyu-Chagi
Spinning Kick	Dui-Doylu-Chagi

Number of Movements in Each Tae-Geuk Form

Tae-Geuk 1	18 Movements	Tae-Geuk 6	23 Movements
Tae-Geuk 2	18 Movements	Tae-Geuk 7	25 Movements
Tae-Geuk 3	20 Movements	Tae-Geuk 8	24 Movements
Tae-Geuk 4	20 Movements		
Tae-Geuk 5	20 Movements	Kol-Yer Form	30 Movements

The Creed of Ji Do Kwan

1. Taekwondo for myself
2. Taekwondo for Ji Do Kwan
3. Taekwondo for my Country

The Creed of Master Williams

1. I shall practice realistic technique
2. I shall obey the instructor
3. I shall observe the creed of Ji Do Kwan
4. I will never use Taekwondo as a way to harm others

What is Taekwondo?

The art of empty hand self-defense for defending one's self, when and where ever in any circumstance, also to build a strong sense of justice that is the characteristic of respect, modesty, and the cultivation of one's mind.

The Meaning of Taekwondo?

- Tae **Kicking Technique**
Kwon **Fist and Hand Technique**
Do **The right way of life to cultivate one's mind**

The Meaning of Ji Do Kwan

- Ji **Intelligence and knowledge**
Do **The right way of life to cultivate one's mind**
Kwan **The spirit of one's mind**

The Seven (7) Different Styles of Taekwondo

1. **Ji Do Kwan**
2. Moo Duk Kwan
3. Sung Moo Kwan
4. Han Moo Kwan
5. Oh Do Kwan
6. Chung Do Kwan
7. Chung Moo Kwan

Ji Do KWAN IS OUR STYLE

The Spirit of the Eight (8) Manners of Solemnity

1. View Rightly
2. Feel Rightly
3. Think Rightly
4. Speak Rightly
5. Order Rightly
6. Contribute Rightly
7. Have Ability
8. Conduct Rightly

Williams Taekwondo School Motto

“The family that KICKS together, STICKS together.”