






WILLIAMS TAEKWONDO

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	Mr. Jeff / Mr. Anthony	
Name of Asst. Instructor	Ms. Xiomara (ZZ) / Ms. Paloma / Mr. Nolan / Mr. Reed	
Instructor/Sparring Coach	Master Trent Williams	
Name of Parents	Mr. _____ & Mrs. _____	
Name of Uniform	DoBok	
Name of Belt	Ti (color belt) Poom (child Black Belt) Dan (adult Black Belt)	
Name of Gym	Do-Jang	

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	Kwan-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
Respect	Chung-sung	Penalty Point	Gumjan
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 **Kwa-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 **Kwa-jan-nim / Kung Nae**
All Student Say **Com-sa-ha-mi-da**



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	A green Taegeukgi belt with a blue and yellow stripe, representing the basic blocks and kicks in Korean Taekwondo.
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-Dolyu-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."





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.



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".

