

LTKD General Theory for Seniors

Meaning of Taekwon-Do

Foot / Hand, way of Life

Founder of Taekwon-Do

TaeKwon-Do was founded by General Choi Hong Hi.

President of the International Taekwon-Do Federation

The President is the son of the founder. His name is Grandmaster Choi Jung Hwa (9th Degree)

Class Commands

Attention	Charyot
Bow	Kyong Ye
Start	Sijak
Turn Around	Dwiro Dora
Relax	Sha
Stop	Goman
Back to Chunbi	Baro
In your own time	Kuryong Op She
Left	Wen
Right	Orun

Training Suit (Dobok)

Top	Jeogori
Trousers	Baji
Belt	Ti

Tenets of TaeKwon-Do (Jungshin)

Courtesy (Ye Ui), Integrity (Yom Chi), Perseverance (In Nae), Self Control (Guk Gi), Indomitable Spirit (Beakjul Boolgool)

Meaning of belt colours

White – Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do

Yellow – Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green – Signifies the plants growth as the Taekwon-Do skill begins to develop.

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Blue – Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

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

Black – Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Body section

High	Nopunde
Middle	Kaunde
Low	Najunde

Counting

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut
Six	Yasut
Seven	Ilgop
Eight	Yadul
Nine	Ahop
Ten	Yaul

Sparring (Matsoki)

3 step	Sambo Matsoki
2 step	Eebo Matsoki
1 Step	Ilbo Matsoki
Free	Jayoo Matsoki
1 Step Free	Ibo Jayoo Matsoki
Foot Sparring	Jokgi Matsoki
Model Sparring	Mobum Matsoki
Black belt demo	Sibum Matsoki
Self Defence	Hosin Sul
Release from Grab	Jappyosul Tae

Stances (Sogi)

Note that when the stance name is used in describing a technique the word 'Sogi' is shortened to 'So', example Gunnun So Kaunde Ap Jirugi

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Attention Stance	Charyot Sogi
Parallel Ready Stance	Narani Chunbi Sogi (usually shortened to 'Chunbi')
Walking Stance	Gunnun Sogi
L Stance	Niunja Sogi
Sitting Stance	Annun Sogi
Close Stance	Moa Sogi
Fixed Stance	Gojung Sogi
Diagonal Stance	Sasun Sogi
Crouched Stance	Oguryo Sogi
X Stance	Kyochoa Sogi
One Leg	Waebal Sogi
Bending	Guburyo Sogi
Vertical	Soo Jik Sogi
Rear Foot Stance	Dwitbal Sogi
Low Stance	Nachuo Sogi
Warrior Stance	Moosa Sogi

Kicks (Chagi)

Front Kick	Ap Chagi
Side Kick	Yop Chagi
Turning Kick	Dollyo Chagi
Side Piercing Kick	Yop Cha Jirugi
Side Thrusting Kick	Yop Cha Tulgi
Back Piercing Kick	Dwitcha Jirugi
Front Snap Kick	Apcha Busigi
Stamping Kick	Cha Bapgi
Downward Kick	Naeryo Chagi
Reverse Turning Kick	Bandae Dollyo Chagi
Reverse Hooking Kick	Bandae Dollyo Goro Chagi
Twisting Kick	Bituro Chagi
Vertical Kick	Sewo Chagi
Flying Kick	Twimyo Chagi
Flying Front Kick	Twimyo Ap Chagi
Flying Turning Kick	Twimyo Dollyo Chagi
Flying Reverse Turning Kick	Twimyo Bandae Dollyo Chagi
Flying Side Piercing Kick	Twimyo Yop Cha Jirugi
Flying Side Thrusting Kick	Twimyo Yop Cha Tulgi
Flying High Kick	Twimyo Nopi Chagi
Flying Twisting Kick	Twimyo Bituro Chagi
Rising Kick	Cha Oligi
Front Rising Kick	Ap Cha Oligi
Side Rising Kick	Yop Cha Oligi
Inward Crescent Kick	Anuro Bandal Chagi
Outward Crescent Kick	Bakuro Bandal Chagi
Checking Kick	Cha Mumchugi
Hooking Kick	Golcha Chagi
Sweeping Kick	Goro Chagi

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Hand Parts (Sang Bansin)

Forefist	Ap Joomuk
Back Fist	Dung Joomuk
Side Fist	Yop Joomuk
Under Fist	Mit Joomuk
Long Fist	Ghin Joomuk
Open Fist	Pyun Joomuk
Palm	Sonbadak
Knuckle Fist	Songarak Joomuk
Mid Knuckle Fist	Joongi Joomuk
Fore Knuckle Fist	Inji Joomuk
Thumb Knuckle Fist	Umji Joomuk
Knife Hand	Sonkal
Reverse Knife Hand	Sonkal Dung
Fingertips	Sonkut
Flat Fingertip	Opun Sonkut
Straight Fingertip	Sun Sonkut
Upset Fingertip	Dwijibun Sonkut
Angle Fingertip	Homi Sonkut
Thumb	Umji
Forefinger	Han Songarak
Double Fingertip	Doo Songarak
Arc Hand	Bandalson
Backhand	Sondung
Forearm	Palmok
Inner Forearm	An Palmok
Outer Forearm	Bakkat Palmok
Under Forearm	Mit Palmok
Back Forearm	Dung Palmok
Elbow	Palkup
Finger Pincers	Jipge Son
Base of Knife Hand	Sonkal Batang
Press Finger	Jiap
Bear Hand	Gomson
Bow Wrist	Sonmok Dung
Finger Belly	Songarak Badak
Thumb Ridge	Umji Batang

Foot Parts (Ha Bansin)

Ball Of Foot	Ap Kumchi
Footsword	Balkal
Back Sole	Dwitkumchi
Knee	Moorup
Back Heel	Dwichook
Instep	Baldung
Side Instep	Yop Baldung

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Reverse Footsword	Balkal Dung
Side Sole	Yop Bal Badak
Toes	Balkup
Outer Ankle Joint	Bakat Balmok Gwanjol
Inner Ankle Joint	An Balmok Gwanjol

Miscellaneous Parts (Gita Boowi)

Head	Mori
Forehead	Ima
Back of Head	Hudoo
Shoulder	Euhke
Tibia	Kyong Gol
Inner Tibia	An Kyong Gol
Outer Tibia	Bakkat Kyong Gol
Back Tibia	Dwit Kyong Gol
Shin	Jong Kwaeng-I

Pattern Interpretations

Kwang-Gae (39 moves)

Kwang-gae is picked after the famous Gwang-Gae-T'o-Wang, the 19th king of the Koguryo Dynasty, who regained all lost territories including the greater part of Manchuria. The diagram represents the recovery and expansion of lost territory and the 39 moves represent his reign for 39 years.

Po-Eun (36 moves)

Po-Eun is the pseudonym of a loyal subject Chong Mon-Chu (1400 AD) who was a famous poet and whose poem, "I shall never serve a second master though I may be crucified a hundred times", is known to every Korean. He was also a pioneer in the field of physics.

Ge-Baek (44 moves)

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.