

WHAT IS TAE KWON-DO?

It is a version of an ancient form of unarmed combat practiced for many centuries in the orient. Tae Kwon-Do became perfected in its present form in Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fist - chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon-Do indicates the technique of unarmed combat for self defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.

TENETS OF TAE KWON-DO

Courtesy	-YE UI
Integrity	-YOM CHI
Perseverance	-IN NAE
Self Control	-KUK CHI
Indomitable Spirit	-BAEKJUL BOOLGOOL

INTERNATIONAL TAE KWON-DO OATH

As a student of Tae Kwon-Do
I shall observe the tenets of Tae Kwon-Do,
I shall respect the Instructor and seniors,
I shall never misuse Tae Kwon-Do,
I shall be a champion of freedom and justice,
I shall build a more peaceful world.

FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the founder, Major General Choi Hong Hi. It was introduced to the United Kingdom by Master Rhee Ki Ha in 1967.

1. The schools shall be affiliated to the GLOBAL TAEWON-DO INTERNATIONAL (Great Britain).
2. All students must be in possession of a licence.
3. Subscriptions to be paid 4 weeks in advance.
4. The build up of arrears is NOT accepted.
5. No SMOKING, EATING, DRINKING, or wearing of JEWELLERY, RINGS, etc. in the Do-Jang is permitted.
6. The wearing of jeans, track suits, or outside clothes, is NOT permitted after 1 months training.
7. The most senior member present will commence training sessions promptly until the Instructor arrives.
8. Misuse of the art will result in disciplinary action.
9. Suits (Doboks) are available through the school's Instructor if required.
10. Grading will depend on attendance and Instructor's discretion.
11. All new students will be issued with a students handbook.

CONDUCT IN THE DO-JANG

Every student must observe the following conduct in the Do-Jang, in order to maintain an orderly and effective training hall.

1. Bow upon entering and leaving the gym.
2. Bow to the Instructor at a proper distance.
3. Exchange greetings between students.
4. Bow to the Instructor upon forming a line before training.
5. Recite the Tae Kwon-Do oath prior to training.
6. Bow to the Instructor upon forming a line prior to 2.
7. Always address Instructors and Black Belts as 2.

10 POINTS TO BECOMING A GOOD TAE KWON-DO STUDENT

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his Instructor. Many students feel that their training is a commodity bought with monthly fees, and are unwilling to take part in any demonstrations, teaching, or work around the Do-Jang. An Instructor can afford to lose this type of student.
3. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
4. Always be loyal and never criticise the Instructor, Tae Kwon-Do, or the teaching methods.
5. If an Instructor teaches a technique, practise it and attempt to utilize it.
6. Remember that a student's conduct outside the Do-Jang reflects on the Art and the Instructor.
7. If a student adopts a technique from another Do-Jang and the Instructor disapproves of it, the student must discard it immediately, or train in the Do-Jang where it was learnt.
8. Never be disrespectful to the Instructor. Although a student is allowed to disagree with the Instructor, he must first follow the instruction, then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never break a trust.

IN TAE KWON-DO THERE ARE SIX COLOURS OF BELT

1. **WHITE** Signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do.
2. **YELLOW** Signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.
3. **GREEN** Signifies the plant's growth as Tae Kwon-Do skills begin to develop.
4. **BLUE** Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
5. **RED** Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.
6. **BLACK** Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

PATTERNS

Patterns are various fundamental movements, most of which represent either attack or defence techniques, set to a fixed logical sequence. In patterns the student systematically deals with several imaginary opponents under various assumption using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rythmical movements. It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, pattern can be compared with a unit tactic or a word if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power test, feats and characteristic beauty. Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individuals technique.

The following points should be considered when performing patterns:

1. PATTERN SHOULD BEGIN AND END ON THE SAME SPOT. This will indicate the performer's accuracy.
2. CORRECT POSTURE AND FACING MUST BE MAINTAINED AT ALL TIMES.
3. MUSCLES OF THE BODY SHOULD BE TENSED OR RELAXED AT THE PROPER CRITICAL MOMENTS IN THE EXERCISE.
4. THE EXERCISE SHOULD BE PERFORMED IN A RYTHMIC MOVEMENT WITH THE ABSENCE OF STIFFNESS.
5. EACH PATTERN SHOULD BE ACCELERATED OR DECELERATED ACCORDING TO INSTRUCTIONS.
6. EACH PATTERN SHOULD BE PERFECTED BEFORE MOVING TO THE NEXT.
7. STUDENTS SHOULD KNOW THE PURPOSE OF EACH MOVEMENT.
8. STUDENTS SHOULD PERFORM EACH MOVEMENT WITH REALISM.

WEST OXFORD TAE KWON-DO

KOREAN TERMS AS APPLICABLE TO WHITE BELT (10TH KUP)

1. GENERAL TERMS

Training Hall	- DO-JANG
Training suit	- DOBOK
Instructor	- SABUM
Belt	- TI

Commands

Attention	- CHARYOT
Bow	- KYONG-YE
Ready	- CHUNBI
Start	- SI-JAK
Stop	- GOMAN
Return to ready stance	- BARROL
About	- DERRA TERRA

Counting

One	- HANNA
Two	- DOOL
Three	- SET
Four	- NET
Five	- DASAULT
Six	- YOSAULT
Seven	- ILGOP
Eight	- YODOLL
Nine	- ARHOPE
Ten	- YOLL

Sections of the Body

Low	- NAJUNDE
Medium	- KAUNDE
High	- NOPUNDE

2. PARTS OF THE BODY

Forefist	- AP JOOMUK
Forearm	- PALMOK
Inner F/arm	- AN PALMOK
Outer F/arm	- BAKAT PALMOK

3. STANCES

Attention	- CHARYOT SOGI
Parallel	- NARANI SOGI
Ready	- CHUNBI SOGI
Sitting	- ANNUN SOGI
Walking	- GUNNUN SOGI

4. BASIC MOVEMENTS

a) DEFENSIVE

Inner F/arm block	- AN PALMOK MAKGI
Outer F/arm block	- BAKAT PALMOK MAKGI
Front rising kick	- APCHA OLLIGI
Side rising kick	- YOPCHA OLLIGI

b) OFFENSIVE

Obverse punch	- BARO JIRUGI
Reverse punch	- BAMTAE JIRUGI

c) EXERCISE

4 Directional Punch	- SAJO JIRUGI
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WEST OXFORD SCHOOL OF TAE-KWON-DO
KOREAN TERMS AS APPLICABLE TO WHITE BELT
(9TH KUP)

1. GENERAL TERMS

Left - WEN
Right - ORUN
Pattern - TUL

2. PARTS OF THE BODY

Ball of foot - AP KUMCHI
Footsword - BALKAL

3. STANCES

'L' Stance - NIUNJA SOGI

4. BASIC MOVEMENTS

a) DEFENSIVE

Rising block - CHOOKYO MAKGI
Double forearm - DOO PALMOK
Guarding block - DAAEBI MAKGI

b) OFFENSIVE

Kick - CHAGI
Front snap kick - APCHA BUSIGI

5. REQUIRED PATTERN (TUL)

CHON JI - 19 moves

6. SPARRING (MATSOKI)

Three step sparring - SAMBO MATSOKI

PATTERN **CHON-JI**
NO. OF MOVEMENTS **19**
DIAGRAM **+**
READY POSITION **NARANI CHUNBI SOGI**

MEANING OF PATTERN

CHON-JI means literally the "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world, or the beginning of human history. Therefore, it is the initial pattern played by the beginner.

This pattern consists of two similar parts - one to represent Heaven and the other the Earth.

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	To Left	L.Gunnun	Najunde bakat palmok makgi
2	Fwd	R.Gunnun	Kaunde baro jirugi
3	180° Turn	R.Gunnun	Najunde bakat palmok makgi
4	Fwd	L.Gunnun	Kaunde baro jirugi
5	L 90°	L.Gunnun	Najunde bakat palmok makgi
6	Fwd	R.Gunnun	Kaunde baro jirugi
7	180° Turn	R.Gunnun	Najunde bakat palmok makgi
8	Fwd	L.Gunnun	Kaunde baro jirugi
9	L 90°	R.Niunja	Kaunde an palmok makgi
10	Fwd	R.Gunnun	Kaunde baro jirugi
11	180° Turn	L.Niunja	Kaunde an palmok makgi
12	Fwd	L.Gunnun	Kaunde baro jirugi
13	L 90°	R.Niunja	Kaunde an palmok makgi
14	Fwd	R.Gunnun	Kaunde baro jirugi
15	180° Turn	L.Niunja	Kaunde an palmok makgi
16	Fwd	L.Gunnun	Kaunde baro jirugi
17	Fwd	R.Gunnun	Kaunde baro jirugi
18	Bwd	L.Gunnun	Kaunde baro jirugi
19	Bwd	R.Gunnun	Kaunde baro jirugi

END: Bring left foot back to ready stance.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO YELLOW BELT
(8TH KUP)

1. GENERAL

Inward - ANAERO
Outward - BAKAERO

2. PARTS OF THE BODY

Palm - SONBADAK
Knifehand - SONKAL

3. STANCES

Vertical stance - SOOJIK SOGI

4. BASIC MOVEMENTS

a) DEFENSIVE

Double knife-hand - DOO SONKAL
Guarding block - DAEBI MAKGI
Twin f/arm block - SAND PALMOK MAKGI

b) OFFENSIVE

Knifehand strike - SONKAL TAERIGI
Side piercing kick - YOPCHA JIRUGI

5. REQUIRED PATTERN

DAN GUN - 21 movements

6. SPARRING

Semi free sparring - BAN JOYOO MATSOKI

PATTERN	DAN GUN
NO. OF MOVEMENTS	21
DIAGRAM	I
READY POSITION	NARANI CHUNBI SOGI

MEANING OF PATTERN

DAN GUN is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	To Left	R.Niunja	Kaunde sonkal daebi makgi
2	Fwd	R.Gunnun	Nopunde baro jirugi
3	180° Turn	L.Niunja	Kaunde sonkal daebi makgi
4	Fwd	L.Gunnun	Nopunde baro jirugi
5	L 90°	L.Gunnun	Najunde bakat palmok makgi
6	Fwd	R.Gunnun	Nopunde baro jirugi
7	Fwd	L.Gunnun	Nopunde baro jirugi
8	Fwd	R.Gunnun	Nopunde baro jirugi
9	270° Turn	R.Niunja	Sang palmok makgi
10	Fwd	R.Gunnun	Nopunde baro jirugi
11	180° Turn	L.Niunja	Sang palmok makgi
12	Fwd	L.Gunnun	Nopunde baro jirugi
13	L 90°	L.Gunnun	Najunde bakat palmok makgi
14	-	L.Gunnun	Chookyo makgi
15	Fwd	R.Gunnun	Chookyo makgi
16	Fwd	L.Gunnun	Chookyo makgi
17	Fwd	R.Gunnun	Chookyo makgi
18	270° Turn	R.Niunja	Kaunde sonkal taerigi
19	Fwd	R.Gunnun	Nopunde baro jirugi
20	180° Turn	L.Niunja	Kaunde sonkal taerigi
21	Fwd	L.Gunnun	Nopunde baro jirugi

END: Bring left foot back to ready position.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO YELLOW BELT
(7TH KUP)

1. GENERAL

Thrust - TULGI

2. PARTS OF THE BODY

Backfist - DUNG JOOMUK
Fingertips - SONKUT

3. STANCES

Fixed stance - GOJONG SOGI

4. BASIC MOVEMENTS

a) DEFENSIVE

Wedging block - HECHYO MAKGI

b) OFFENSIVE

Backfist strike - DUNG JOOMUK TAERIGI
Straight spear finger thrust - SON SONKUT TULGI
Turning kick - DOLLYO CHAGI

5. REQUIRED PATTERN

DO SAN - 24 movements

6. SPARRING

Free sparring - JA YOO MATSOKI

PATTERN	DO SAN
NO. OF MOVEMENTS	24
DIAGRAM	
READY POSITION	NARANI CHUNBI SOGI

MEANING OF PATTERN

DO SAN is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938), who devoted his life to furthering the education of Korea and its independent movement.

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	To Left	L.Gunnun	Nopunde bakat palmok makgi
2	-	L.Gunnun	Kaunde bandae jirugi
3	Dwiyo Torro	R.Gunnun	Nopunde bakat palmok makgi
4	-	R.Gunnun	Kaunde bandae jirugi
5	L 90°	R.Niunja	Kaunde sonkal daebi makgi
6	Fwd	R.Gunnun	Kaunde son sonkut tulgi
7	360° Turn	L.Gunnun	Release, and Nopunde dung joomuk taerigi
8	Fwd	R.Gunnun	Nopunde dung joomuk taerigi
9	270° Turn	L.Gunnun	Nopunde bakat palmok makgi
10	-	L.Gunnun	Kaunde bandae jirugi
11	Dwiyo Torro	R.Gunnun	Nopunde bakat palmok makgi
12	-	R.Gunnun	Kaunde bandae jirugi
13	L.ft.120°	L.Gunnun	Nopunde hechyo makgi
14	Fwd	-	Kaunde ap chabusigi
15	Land in	R.Gunnun	Kaunde baro jirugi
16	-	R.Gunnun	Kaunde bandae jirugi
17	R.ft.60°	R.Gunnun	Nopunde hechyo makgi
18	Fwd	-	Kaunde ap chabusigi
19	Land in	L.Gunnun	Kaunde baro jirugi
20	-	L.Gunnun	Kaunde bandae jirugi
21	L.ft.30°	L.Gunnun	Chookyoo makgi
22	Fwd	R.Gunnun	Chookyoo makgi
23	270° Turn	Annun	Kaunde sonkal taerigi (Wen)
24	180° L. to	R.Annun	Kaunde sonkal taerigi (Orun)

END: Bring right foot back to ready stance.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO GREEN BELT
(6TH KUP)

1. GENERAL

Inner	- AN
Outer	- BAKAT
Back	- DWIT
Straight	- SON
Press-ups	- MOMTONG BACHIR

2. PARTS OF THE BODY

Foot parts	- HABANSIN
Hand parts	- SANGBANSIN
Back sole	- DWIT KUMCHI
Back heel	- DWIT CHOOK

3. STANCES

Vertical stance	- SOOJIK SOGI
Closed stance	- MOA SOGI
Bending stance	- GUBURYO SOGI

4. BASIC MOVES

a) DEFENSIVE

Circular block	- DOLLIMYO MAKGI
Hooking block	- GOLCHO MAKGI
Waist block	- HORI MAKGI

b) OFFENSIVE

Vertical punch	- SEWO JIRUGI
Side punch	- YOP JIRUGI
Reverse turning kick	- BANDAE DOLLYO CHAGI

5. REQUIRED PATTERN

WON HYO	- 28 movements
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6. SPARRING

Two step sparring	- IBO MATSOKI
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PATTERN	WON-HYO
NO. OF MOVEMENTS	28
DIAGRAM	I
READY POSITION	MOA JUMBI SOGI A

MEANING OF PATTERN

WON-HYO was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 A.D.

MOVEMENTS

STEP	MOVE	STANCE	TECHNIQUE
1	L.	R.Niunja	Sang palmok makgi
2	-	R.Niunja	Nopunde anuro sonkal taerigi
3	Slip Fwd	R.Gojong	Kaunde yop jirugi
4	Bring L to R	L.Niunja	Sang palmok makgi
5	-	L.Niunja	Nopunde anuro sonkal taerigi
6	Slip Fwd	L.Gojong	Kaunde yop jirugi
7	R to L	R.Guburyo	Palmok daeabi makgi
8	-	-	Kaunde yop cha jirugi
9	Land in	R.Niunja	Kaunde sonkal daebi makgi
10	Fwd	L.Niunja	Kaunde sonkal daebi makgi
11	Fwd	R.Niunja	Kaunde sonkal daebi makgi
12	Fwd	R.Gunnun	Kaunde son sonkut tulgi
13	Turn 270°	R.Niunja	Sang palmok makgi
14	-	R.Niunja	Nopunde anuro sonkal taerigi
15	Slip Fwd	R.Gojong	Kaunde yop jirugi
16	Bring L to R	L.Niunja	Sang palmok makgi
17	-	L.Niunja	Nopunde anuro sonkal taerigi
18	Slip Fwd	L.Gojun	Kaunde yop jirugi
19	R to L & Fwd	L.Gunnun	Dollymio makgi
20	Fwd	-	Najunde ap cha busigi
21	Land in	R.Gunnun	Kaunde bandae jirugi
22	-	R.Gunnun	Dollymio makgi
23	-	-	Najunde ap cha busigi
24	Land in	L.Gunnun	Kaunde bandae jirugi
25	R up to	-	Palmok daeabi makgi
26	-	-	Kaunde yop cha jirugi
27	Land feet apart & turn 270°	R.Niunja	Kaunde palmok daebi makgi
28	L to R	L.Niunja	Kaunde palmok daebi makgi

END: Right foot back to ready position.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO GREEN BELT
(5TH KUP)

1. GENERAL

Jumping - TWIGI

2. PARTS OF THE BODY

Elbow - PALKUP

3. STANCES

X stance - KYOCHA SOGI

4. BASIC MOVES

a) DEFENSIVE

Double forearm block - DOO PALMOK MAKGI
Hooking block - GOLCHO MAKGI

b) OFFENSIVE

Upset punch - DWIJIBO JIRUGI
Hooking kick - GOLCHO CHAGI

5. REQUIRED PATTERN

YUL GOK - 38 movements

6. SPARRING

Two step sparring - IBO MATSOKI

PATTERN	YUL GUK
NO. OF MOVEMENTS	38
DIAGRAM	
READY POSITION	NARANI JUMBI SOGI

MEANING OF PATTERN

YUL GUK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the "Confucius of Korea". The 38 movements refer to his birthplace on 38° latitude and the diagram represents the scholar.

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	To L.	Annun L.	Hand focus jirugi
2	-	Annun	Kaunde jirugi (R)
3	-	Annun	Kaunde jirugi (L)
4	L to R	Annun R.	Hand focus jirugi
5	-	Annun	Kaunde jirugi (L)
6	-	Annun	Kaunde jirugi (R)
7	R 45°	R.Gunnun	Nopunde an palmok makgi
8	Fwd	-	Najunde ap cha busigi
9	Land in	L.Gunnun	Kaunde jirugi
10	-	L.Gunnun	Kaunde bandae jirugi
11	L 90°	L.Gunnun	Nopunde an palmok makgi
12	Fwd	-	Najunde ap cha busigi
13	Land in	R.Gunnun	Kaunde jirugi
14	-	R.Gunnun	Kaunde bandae jirugi
15	R 45°	R.Gunnun	Nopunde golcho makgi
16	-	R.Gunnun	Nopunde bandae golcho makgi
17	-	R.Gunnun	Kaunde jirugi
18	Fwd	L.Gunnun	Nopunde golcho makgi
19	Fwd	L.Gunnun	Nopunde bandae golcho makgi
20	-	L.Gunnun	Kaunde jirugi
21	Fwd	R.Gunnun	Kaunde jirugi
22	L to R	R.Gurburyo	-
23	Fwd	-	Kaunde yop cha jirugi
24	Land in	L.Gunnun	Kaunde ap palkup taerigi
25	Dwiyo Torro	L.Gurburyo	-
26	-	-	Kaunde yop chagi
27	Land in	R.Gunnun	Kaunde ap palkup
28	L 90°	R.Niunja	Sang sonkal makgi
29	Fwd	R.Gunnun	Kaunde son sonkut tulgi
30	About turn	L.Niunja	Sang sonkal makgi

31	Fwd	L.Gunnun	Kaunde son sonkut tulgi
32	L 90•	L.Gunnun	Nopunde bakat palmok makgi
33	-	L.Gunnun	Kaunde bandae jirugi
34	Fwd	R.Gunnun	Nopunde bakat palmok makgi
35	-	R.Gunnun	Kaunde bandae jirugi
36	Jump Fwd	Kyocha	Nopunde dung joomuk taerigi
37	Turn 270•	R.Gunnun	Nopunde doo palmok makgi
38	R to L Turn 180•	L.Gunnun	Nopunde doo palmok makgi

END: Left foot back to ready position.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO BLUE BELT
(4th Kup)

1. GENERAL

Forging post - DOLLYON JOO

2. PARTS OF BODY

Side sole - YOP BAL BADA
Low stance - NACHUO SOGI

3. STANCES

Rear foot stance - DWIT BAL SOGI
Low stance - NACHUO SOGI

4. BASIC MOVES

a) DEFENSIVE

X block - KYOCHA MAKGI
Pressing block - NOOLO MAKGI
Downward block - NAERYO MAKGI
Scooping block - DURO MAKGI

b) OFFENSIVE

Turning Punch - DOLLYO JIRUGI
Twin upset punch - SANG DWIJIBO JIRUGI
Upper elbow strike - WI PALKUP TAERIGI
Downward kick - NAERYO CHAGI
Back kick - DWIT CHAGI
Pressing kick - NOOLLO CHAGI
Side thrust kick - YOP CHA TULGI
Reverse, turn,
hooking kick - BANDAE GOBO CHAGI
Consecutive kick - YONSOK CHAGI

5. REQUIRED PATTERN

JOONG GUN - 32 Movements

6. SPARRING

One step sparring - ILBO MATSOKI

PATTERN	JOON GUN
NO. OF MOVEMENTS	32
DIAGRAM	I
READY POSITION	MOA JUMBI SOGI B

MEANING OF PATTERN

JOON GUN is named after the patriot An Joong-Gun who assassinated Hiro Bumi Ito, the Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are thirty two movements in this pattern to represent Mr. An's age when he was executed at Lui-Shung prison (1910).

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	L.	R.Niunja	Kaunde Sonkal Dung Makgi
2	-	Najunde	Ap Chabusigi
3	Fwd	L.Dwit Bal	K.Ollyo son badak makgi
4	About turn	L.Niunja	Kaunde Sonkal Dung Makgi
5	-	-	Naiunde ap chabusigi
6	Fwd	R.Dwit Bal	K.Ollyo son badak makgi
7	L 90°	R.Niunja	Kaunde sonkal daebi makgi
8	Slip front foot	L.Gunnun	Wi palkup
9	Fwd	L.Niunja	Kaunde sonkal daebi makgi
10	Slip front foot	R.Gunnun	Wi palkup
11	Fwd	L.Gunnun	Nopunde sang sewo jirugi
12	Fwd	R.Gunnun	Sang dwijibo jirugi
13	Dwiyo Torro	L.Gunnun	Chookyo kyocha makgi
14	L 90°	R.Niunja	Nopunde dung joomuk taerigi
15	Slip front foot	L.Gunnun	Release move
16	-	-	Nopunde bandae jirugi
17	L to R move	R to L.Niunja	Nopunde dung joomuk taerigi
18	Slip R foot	R.Gunnun	Release move
19	-	-	Nopunde bandae jirugi
20	R to L Fwd	L.Gunnun	Nopunde doo palmok makgi
21	Pull L foot	R.Niunja	Kaunde yop jirugi
22	Fwd	-	Kaunde yop chajirugi
23	Land in	R.Gunnun	Nopunde doo palmok makgi
24	Pull in R foot	L.Niunja	Kaunde yop jirugi
25	Fwd	-	Kaunde yop chajirugi
26	Land in 2	R.Niunja	Kaunde palmok daebi makgi
27	Slip front foot	R.Gunnun	Noollo makgi
28	Fwd	L.Niunja	Kaunde palmok daebi makgi
29	Slip front foot	R.Gunnun	Noollo makgi
30	L to R turn 90°	Moa	Kaunde dollyo jirugi

31	R Fwd	R.Gojong	Digutja makgi
32	R to L about turnL.	Gojong	Digutja makgi

END: Bring left foot back to ready position.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO BLUE BELT
(3rd Kup)

1. GENERAL

Flying - TWIMYO

2. PARTS OF THE BODY

Upset fingertip - DWIJIBUN SONKUT

3. STANCES

4. BASIC MOVES

a) DEFENSIVE

U shape block - DIGUTJA MAKGI
W shape block - SAN MAKGI

b) OFFENSIVE

Waving kick - DORO CHAGI
Flying kick - TWIMYO CHAGI
Front pushing kick - AP CHA MILGI

5. REQUIRED PATTERN

TOI GYE - 37 Movements

6. SPARRING

As for 4th Kup.

PATTERN TOI-GYE
No. of MOVEMENTS 37
DIAGRAM I
READY POSITION MOA JUMBI SOGI B

MEANING OF PATTERN

TOI GYE is the penname of the noted scholar Yi Hwang (16 A.D.) an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on the 37th latitude, the diagram represents the scholar.

MOVEMENTS IN PATTERN

STEP	MOVE	STANCE	TECHNIQUE
1	Left	R.Niunja	Kaunde an palmok makgi
2	Slip L ft	L.Gunnun	Naj.dwijibo son sonkut
3	L to R	Moa	Naj.bak.pal.makgi & Nop.dung joomuk taerigi (slow)
4	Right	L.Niunja	Kaunde an palmok makgi
5	Slip R ft	R.Gunnun	Naj.dwijibo son sonkut
6	R to L	Moa	As move 3 (opposite hands)
7	Fwd	L.Gunnun	Najunde kyocha makgi
8	-	L.Gunnun	Nopunde sang sewo jirugi
9	Fwd	-	Najunde ap chabusigi
10	Land in	R.Gunnun	Kaunde baro jirugi
11	-	R.Gunnun	Kaunde bandae jirugi
12	L to R	Mos	Posture move, hands on hips
13	R 90°		Annun Orun san makgi
14	L 180°		Annun Wen san makgi
15	L 180°		Annun Wen san makgi
16	R 180°		Annun Orun san makgi
17	L 180°		Annun Wen san makgi
18	L 180°		Annun Wen san makgi
19	R to L fwd	R.Niunja	Naiunde doo palmok makgi
20	Slip L ft	L.Gunnun	Double hand grasp
21	Fwd	-	Ollyo moorup, pull down
22	Dwiyo Torro	R.Niunja	Kaunde sonkal daebi makgi
23	Fwd	- Naj.ap	chabusigi (front leg)
24	Land in	L.Gunnun	Nopunde sonkut tulgi
25	Fwd	L.Niunja	Kaunde sonkal daebi makgi
26	Fwd	-	Naj.ap chabusigi (front leg)
27	Land in	R.Gunnun	Nopunde sonkut tulgi
28	Fwd	R.Niunja	Nopunde dung joomuk and

29	Fwd jump to Kyocha		Najunde bakat palmok makgi
30	Slip R ft	R.Gunnun	Najunde kyocha makgi
31	Turn 270°	R.Niunja	Nopunde doo palmok makgi
32	Slip L ft	L.Gunnun	Najunde sonkal daebi makgi
33	L to R	L.Niunja	Dollimyo makgi
34	Slip R ft	R.Gunnun	Najunde sonkal daebi makgi
35	Reverse stance	L.Gunnun	Dollimyo makgi
36	Reverse stance	R.Gunnun	Dollimyo makgi
37	Move R ft	Annun	Orun kaunde jirugi

END: Bring right foot back to ready position.

NOTES:

WEST OXFORD SCHOOL OF TAE KWON-DO
KOREAN TERMS AS APPLICABLE TO RED BELT
(2nd Kup)

1. GENERAL

Inside	- AN
Outside	- BAKAT

2. PARTS OF THE BODY

Fingertips	- SONKUT
Instep	- BALDUNG
Reverse footsword	- BALKAL DUNG

3. STANCES

4. BASIC MOVES

a) DEFENSIVE

Sweeping block	- HULLYO MAKGI
Pushing block	- MIRO MAKGI

b) OFFENSIVE

Upward punch	- OLLYO JIRUGI
Vertical kick	- SEWO CHAGI
Twisting kick	- BITURO CHAGI
Twin foot kick	- SANG BAL CHAGI
Flying high kick	- TWIMYO NOPI CHAGI

5. REQUIRED PATTERN

HWA RANG	- 29 Movements
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6. SPARRING

As for previous grades, but using more advanced techniques.

WEST OXFORD SCHOOL OF TAE-KWON-DO
KOREAN TERMS AS APPLICABLE TO RED BELT
(1st Kup)

1. GENERAL

2. PARTS OF THE BODY

Side fist - YOP JOOMUK
Reverse knife-hand - SONKAL DUNG

3. STANCES

4. BASIC MOVES

a) DEFENSIVE

Checking bloc - MOMCHAU MAKGI
Downward block - NAERYO MAKGI
Double archand block - DOO BANDALSON MAKGI

b) OFFENSIVE

Stamping kick - CHA BAPGI
Sweeping kick - GORO CHAGI
Overhead kick - TWIO NOMO CHAGI
Flat fingertip thrust - OPUN SONKUT TULGI

5. REQUIRED PATTERN

CHOONG MOO - 30 movements

6. SPARRING

Foot sparring -
Free sparring -
(One against two)

WEST OXFORD SCHOOL OF TAE KWON-DO

COLOURED BELT THEORY

1. GENERAL KNOWLEDGE

Tae	- Jump, kick or break with the foot
Kwon	- Punch or destroy with the fist
Do	- Art, way or method
Tae Kwon Do	- The way of unarmed combat using hands and feet

1.1 People and Dates to remember:

Founder : Major General Choi Hong Hi (9th Degree)

Officially inaugurated on : April 11th 1955

Brought to Britain by : Master Rhee Ki Ha (8th Degree) in 1967

Name of School : WEST OXFORD School of Tae Kwon Do

Instructor : Mr Chris Hall (2nd Degree)

1.2 Tenets:

Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Nae
Self Control	Kuk Chi
Indomitable Spirit	Baekjul Boolgool

1.3 Oath:

As a student of Tae Kwon Do,
I shall observe the tenets of Tae Kwon Do,
I shall respect the Instructor and the Seniors,
I shall never misuse Tae Kwon Do,
I shall be a champion of freedom and justice,
I shall build a more peaceful world.

1.4 Numbers:

Hanna	One	Yosault	Six
Doo	Two	Ilgop	Seven
Set	Three	Yodoll	Eight
Net	Four	Arhope	Nine
Dasault	Five	Yoll	Ten

1.5 Miscellaneous Words:

Chunbi	Ready	Yop	Side
Barrol	Return to Ready Stance	Anaero	Inward
Charyot	Attention	Bakaero	Outward
Kyong-Ye	Bow	Sewo	Vertical
Derra Terra	About Turn	Dwijibo	Upset
Dobok	Training Suit	Orun	Right
Ti	Belt	Wen	Left
Dojang	Training Hall	Japki	Grasp
Sabum	Instructor	Jirugi	Punch
Dollyon Joo.	Forging Post	Makgi	Block
Momtong Bachir	Press ups	Milgi	Push
Si-Jak	Start	Tulgi	Thrust
Goman	Stop	Son	Straight
Tul	Pattern	Opun	Flat
Sogi	Stance	Sang	Twin
An	Inner	Doo	Double
Bakat	Outer	Chagi	Kick
Ap	Front	Twiggi	Jumping
Dwit	Back	Twimyo	Flying
		Yonsok	Consecutive

1.6 Sparring:

Three Step	Sambo Matsoki
Two Step	Ibo Matsoki
One Step	Ilbo Matsoki
Semi-Free	Ban Jayoo Matsoki
Free	Jayoo Matsoki

1.7 Patterns:

A pattern (Tu1) is a set of fixed movements performed in a logical sequence, simulating defences and counters to attacks from different directions.

Patterns allow you to develop sparring techniques, flexibility of movements, body shifting, muscle and breath control as well as rhythmical and smooth movements.

Major General Choi Hong Hi compared the life of man with a day in the life of the Earth. Thus there are 24 patterns in Tae Kwon Do representing 24 hours or one day, or the life of man.

1.7.1 Points to remember in Patterns:

- Start and finish on the same spot - this shows accuracy.
- Correct posture and facing must be maintained throughout the pattern.
- Tense and relax as appropriate.
- Movements should be performed rhythmically, without stiffness and with realism.
- Know the purpose of each movement and be able to perform the pattern faster or slower, as directed.
- Perfect each pattern before learning the next one.

1.8 Meaning of Belt Colours:

White	Innocence. Worn by the beginner having no previous knowledge of Tae Kwon Do
Yellow	The earth in which a plant can take root as the foundations of Tae Kwon Do skills are laid down.
Green	The growth of the plant as Tae Kwon Do skills develop.
Blue	The Heaven towards which the plant grows into a towering tree, as knowledge of Tae Kwon Do increases.
Red	Signifies danger, cautioning the opponent to stay away and the student to exercise control.
Black	The opposite of white, showing maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

Note: Student grades (coloured belts) are *Kup* grades from 10 (White belt) down to 1 (Black tags). Black belts are known as *Dan* grades (or *Degree*) and range from 1 up to 10.

2. PARTS OF THE BODY

Mori	Head
Palkup	Elbow
Moorup	Knee

2.1 Hand Parts (*Sangbansin*):

An/Bakat Palmok	Inner/Outer Forearm
Ap/Yop/Dung Joomuk	Fore/Side/Back Fist
Sonkal	Knifehand
Sonkal Dung	Reverse Knifehand
Bandal Son	Arc Hand

Sonkut	Fingertips
Dwijibun Sonkut	Upset Fingertip
Sonbadak	Palm

2.2 Foot Parts (Habansin):

Yop Bal Badak	Side of the foot
Balkal	Sword edge of the foot
Balkal Dung	Reverse Footsword
Ap Kumchi	Ball of the foot
Dwit Kumchi	Back Sole
Dwit Chook	Back of the heel
Baldung	Instep

2.3 Height Sections:

Najunde	Low	Below the belt
Kaunde	Middle	Belt to shoulder
Nopunde	High	Above the shoulder

3. STANCES

Charyot Sogi	Attention Stance
Annun Sogi	Sitting Stance
Sasun Sogi	Diagonal Stance
Narani Chunbi Sogi	Parallel Ready Stance
Moa Sogi A/B/C	Closed Stance A/B/C
Gunnun Sogi	Walking Stance
Nachuo Sogi	Low Stance
Niunja Sogi	"L" Stance (70/30)
Gojong Sogi	Fixed Stance (50/50)
Guburyo Sogi	Bending Stance
Dwit Bal Sogi	Rear Foot Stance
Kyocho Sogi	"X" Stance
Soojik Sogi	Vertical Stance (60/40)
Wae Bal Sogi	One Leg Stance

4. BLOCKS

Some Blocks can be done at different heights, e.g. Bakat Palmok Makgi can be Low, Middle or High, whereas Hori Makgi is waist height only.

An/Bakat Palmok Makgi	Inner/Outer Forearm Block
Sonkal Makgi	Knifehand Block

Hori Makgi	Waist Block
Palmok Daebi Makgi	Guarding Block
Sonkal Daebi Makgi	Knifehand Guarding Block
Chookyo Makgi	Rising Block
Sang Palmok Makgi	Twin Forearm Block
Sang Sonkal Makgi	Twin Knifehand Block
Hechyo Makgi	Wedging Block
Hechyo Sonkal Makgi	Wedging Knifehand Block
Hechyo Sonkal Dung Makgi	Wedging Reverse Knifehand Block
Doo Palmok Makgi	Double Forearm Block
Golcho Makgi	Hooking Block
Dollimyo Makgi	Circular Block
Ollyo Sonbadak Makgi	Upward Palm Heel Block
Naeryo Makgi	Downward Block
Anaero Sonbadak Makgi	Inward Palm Block
Noollo Makgi	Pressing Block
Digutja Makgi	"U" Shaped Block
San Makgi	"W" Shaped Block
Kyocha Makgi	"X" Shaped Block
Miro Makgi	Pushing Block
Duro Makgi	Scooping Block
Hullyo Makgi	Sweeping Block
Momchau Makgi	Checking Block
Doo Bandal Son Makgi	Double Arc Hand Block

5. HAND TECHNIQUES

As with Blocks different height variations are appropriate in some cases.

Baro/Bandae Jirugi	Obverse/Reverse Punch
Yop/Dollyo/Ollyo Jirugi	Side/Turning/Upward Punch
(Bakaero/Anaero) Sonkal Taerigi	(Outward/Inward) Knifehand Strike
Sonkal Dung Taerigi	Reverse Knifehand Strike
Dung Joomuk Taerigi	Backfist Strike
Ap/Yop/Dwit Dung Joomuk Taerigi	Front/Side/Back Backfist Strike
Opun/Son Sonkut Tulgi	Flat/Straight Spearfinger Thrust
(Sang) Sewo Jirugi	(Twin) Vertical Punch
(Sang) Dwijibo Jirugi	(Twin) Upset Punch
Wi Palkup Taerigi	Upper Elbow Strike
Ap/Yop/Dwit Palkup Taerigi	Front/Side/Back Elbow Strike

6. LEG TECHNIQUES

		Kick With
Ap Cha Olligi	Leg Raising	None
Yop Cha Olligi	Side Leg Raising	None
Ap Cha Busigi	Front Snap Kick	Ap Kumchi
Yop Cha Jirugi	Side Piercing Kick	Balkal
Dollyo Chagi	Turning Kick	Ap Kumchi
Dwit Chagi	Back Kick	Balkal
Bandae Dollyo Chagi	Reverse Turning Kick	Dwit Chook
Bandae Dollyo Goro Chagi	Reverse Hooking Kick	Dwit Chook
Golcho Chagi	Hooking Kick	Dwit Chook
Ollyo Chagi	Upward Kick	Ap Kumchi
Naeryo Chagi	Downward/Axe Kick	Dwit Chook
Anaero Bandal Chagi	Inward Crescent Kick	Balaktung
Bakaero Bandal Chagi	Outward Crescent Kick	Yop Bal Badak
Bituro Chagi	Twisting Kick	Ap Kumchi
Ollyo Moorup Chagi	Upward Knee Strike	Moorup
Yop Cha Milgi	Side Pushing Kick	Balkal
Yop Cha Tulgi	Side Thrusting Kick	Ap Kumchi
Ap Cha Milgi	Front Pushing Kick	Ap Kumchi
Noollo Chagi	Pressing Kick	
Doro Chagi	Waving Kick	Yop Bal Badak
Sewo Chagi	Vertical Kick	Yop Bal Badak
Sang Bal Chagi	Twin Foot Kick	Varies
Twimyo Nopi Chagi	Flying High Kick	Varies
Cha Bapgi	Stamping Kick	Dwit Kumchi
Goro Chagi	Sweeping Kick	
Twio Nomo Chagi	Overhead Kick	Varies

Plus Jumping (Twigi) and Flying (Twimyo) variations where appropriate.