

## **Student Oath**

I shall observe the tenets of Taekwondo

I shall respect the instructors, seniors and fellow students

I shall never misuse Taekwondo

I shall be a champion of freedom and justice

I shall strive to build a more peaceful world

I shall always act in a manner which brings honor to my master, my instructors, my seniors, my fellow students, my family and myself

# Taekwondo Tenets (Ji Ch'im – 태권도지침)

Taekwondo philosophy may be best summarized by the philosophy of *Hongik-Ingan*: peace loving, spirit of integrity, protecting righteousness, and a strong sense of responsibility. This philosophy is embodied in the modern tenets of Taekwondo, which are based on the principles of the *Hwarangdo*.

If we understand Taekwondo according to these principles; when faced with a problem, we find a solution, and by continuously changing our skills, we will avoid ever being faced with the same problem again. By understanding these philosophical principles of Taekwondo, we may find ways to understand and develop our lives.

## 예의 **Courtesy** (Ye Ui) Being Polite and Respectful

Courtesy promotes mutual understanding, harmony, peacefulness, humbleness, cooperation, respect, and a sense of justice. Courtesy may displayed as:

- Politeness. Say please and thank you, open/hold doors for others, or ask instead of telling.
- Distinction of Roles. The ways we speak or act with respect toward our seniors, elders, or teachers and the care and concern we show toward our juniors.
- Consideration of Others. Be aware of how others think and feel and treat others with kindness and compassion.
- Compliment/Honor Others. Recognize good in others and acknowledge their actions or thoughts.
- Indulgence. Ignoring a slight or meanness, or an unimportant mistake or error
- Deference. Allow another person to go first because it will be helpful, kind, or respectful to that person.
- Generosity. Give or make something available to someone out of kindness.

## 염치 **Integrity** (Yom Chi) Always Doing the Right Thing

In Taekwondo, we must be able to determine right from wrong and to have a conscience. We must always seek to integrate our thoughts, feelings, and values within ourselves and with the world in which we live through consistent actions. If we demonstrate integrity in our daily interactions with others, people will learn to regard us as dependable, responsible, and honest. Integrity may be displayed as:

- Honesty. Be truthful with yourself and others.
- Consistency. Your actions match your words and stay the same on a daily basis.
- Loyalty. Be faithful to the people and practices that are important in your life and acknowledge the positive role that people, such as family and friends, and practices, such as Taekwondo, have had in your life.
- Adherence to a standard of values. Be mindful of what is right and what is wrong.
- Learning from mistakes. Use your mistakes as a tool to avoid making the same mistakes again.

## 인내 **Perseverance** (In Nae) Never Giving Up



Perseverance is the quality of being insistent. Success comes to those who do not give up. It takes a lot of work to achieve something truly great. A large amount of personal satisfaction may be gained from the growth, mastery, and self-knowledge that come from practice and commitment to a goal. Perseverance may be displayed as:

- Patience. Ability to calmly proceed when things become slow or difficult.
- Focus on goals. Keep in mind what it is that you are trying to achieve.
- Overcoming obstacles. Find ways to keep working toward your goal when difficult situations arise.
- Following your convictions. Be true to what you think is right and important.

## 극기 **Self-Control** (Guk Gi) Being Master of One's Own Impulses

A loss of self-control in class may result in injury to yourself and others. Your ability to get along and adapt to your environment and to recognize your capabilities is also a measure of self-control. An inability to live within your capabilities demonstrates a lack of self-control. For example, if during sparring one does not have the control to kick to the face without contact but does so anyway, this reflects a lack of self-control that could have dangerous consequences. Self-control means never having to say you are sorry. Self-control may be displayed as:

- Restraint. Way we control our actions when we are upset or angry.
- Discipline. Ability to stay consistently focused on your goals, and on the actions required to achieve those goals.
- Self-Mastery. Control over and awareness of your actions and words.
- Discretion. Do not violate confidences, or speak or act in ways that will unnecessarily hurt others.
- Will Power. Have the energy, desire, and attitude to continue a course of action even in the presence of obstacles and hardships.
- Dignity:. Keep a calm exterior in the face of adversity.

## 백절불굴 **Indomitable Spirit** (Baekjul Boolgol) Never Give Up

Indomitable spirit means standing up for what is just, regardless of who tells you that you are wrong. It means having the courage to be yourself at all times, and to do what you think is right regardless of the pressures people put on you. Finally, it means having a strong spirit that is not crushed or swayed by adversity or obstacles.

# THE HISTORY OF TAEKWONDO

Taekwondo is an empty-hand combat form that entails the use of the whole body. *Tae* means "to Kick" or "Smash with the feet," *Kwon* implies "punching" or "destroying with the hand or fist," and *Do* means "way" or "method." It is more than a mere physical fighting skill, representing as it does a way of thinking and a pattern of life requiring strict discipline. It is a system of training both the mind and the body in which great emphasis is placed on the development of the trainee's moral character.

Taekwondo is a martial art that in "today's" form of self defense has evolved by combining many different styles of martial arts that existed in Korea over the last 2,000 years and some martial arts styles from countries that surround Korea. Taekwondo incorporates the abrupt linear movements of Karate and the flowing, circular patterns of Kung-fu with native kicking techniques. Over fifty typically Chinese circular hand movements can be identified in modern Taekwondo. A few of the earlier martial arts styles that contributed to Taekwondo are: T'ang-su, Taek Kyon, also known as Subak, Tae Kwon, Kwonpup and Tae Kwonpup. There are also influences from Judo, Karate, and Kung-fu.

"The earliest records of Taekwondo practice date back to about 50 B.C. During this time, Korea was divided into three kingdoms: Silla, which was founded on the Kyongju plain in 57 B.C.; Koguryo, founded in the Yalu River Valley in 37 B.C.; and Paekche, founded in the southwestern area of the Korean peninsula in 18 B.C.." Tae Kyon (also called Subak) is considered the earliest known form of Taekwondo. Paintings from this time period have been found on the ceiling of the Muyong-chong, a royal tomb from the Koguryo dynasty. The paintings show unarmed people using techniques that are very similar to the ones used by Taekwondo today.

Although Taekwondo first appeared in the Koguryo kingdom, it is the Silla's Hwarang warriors that are credited with the growth and spread of Taekwondo throughout Korea. Silla was the smallest of the three kingdoms and was always under attack by Japanese Pirates. Silla got help from King Gwanggaeto and his soldiers from the Koguryo kingdom to drive out the pirates. During this time a few select Sillan warriors were given training in Taek Kyon by the early masters from Koguryo. The Taek Kyon trained warriors then became known as the Hwarang. The Hwarang set up a military academy for the sons of royalty in Silla called Hwarang-do, which means "The way of flowering manhood." The Hwarang studied Taek Kyon, history, Confucian Philosophy, ethics, Buddhist Morality, and military tactics. The guiding principles of the Hwarang warriors were loyalty, filial duty, trustworthiness, valor, and justice. The makeup of the Hwarang-do education was based on the Five Codes of Human Conduct written by a Buddhist scholar, fundamental education, Taek Kyon and social skills. Taek Kyon was spread throughout Korea because the Hwarang traveled all around the peninsula to learn about the other regions and people.

Today, The original Five Codes of Human Conduct have been correlated into the so-called Eleven Commandments of modern day Taekwondo, which are:

Loyalty to your country

Faithfulness to your spouse

Respect your brothers and sisters

Respect your teachers

Indomitable spirit

Finish what you begin

Respect your parents

Loyalty to your friends

Respect your elders

Never take life unjustly

Loyalty to your school (2)

During the Silla dynasty (A.D. 668 to A.D. 935) Taek Kyon was mostly used as a sport and recreational activity. Taek Kyon's name was changed to Subak and the focus of the art was changed during the Koryo dynasty (A.D. 935 to A.D. 1392). When King Uijong was on the throne from 1147 through 1170, he changed Subak from a system that promotes fitness to primarily a fighting art.

The first widely distributed book on Taekwondo was during the Yi dynasty (1397 to 1907). This was the first time that Subak was intended to be taught to the general public, in previous years the knowledge was limited to the military. During the second half of the Yi dynasty, political conflicts and the choice to use debate instead of military action almost lead to the extinction of Subak. The emphasis of the art was changed back to that of recreational and physical fitness. The lack of interest caused Subak as an art, to become fragmented and scarcely practiced throughout the country.

In 1909 the Japanese invaded Korea and occupied the country for 36 years. To control Korea's patriotism, the Japanese banned the practice of all military arts, Korean language and even burned all books written in Korea. This ban was responsible for renewed interest in Subak. Many Koreans organized themselves into underground groups and practiced the martial arts in remote Buddhist temples. Other people left Korea to study the martial arts in other countries like China and Japan. In 1943 Judo, Karate and Kung-fu were officially introduced to the Korean residents and the martial arts regained popularity. In 1945 Korea was liberated. In the last few years before liberation, there were many different variations of Subak/Taek Kyon in Korea. This was due to all of the other martial arts influence on it.

The first Taekwondo school (Kwan) was started in Yong Chun, Seoul, Korea in 1945. Many different school were opened from 1945 through 1960. Each school claimed to teach the traditional Korean martial art, but each school emphasized a different aspect of Taek Kyon/Subak. This caused different names to emerge from each system, some of them were: Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Kang Soo Do.

The Korean Armed Forces were also formed in 1945 and in 1946 Second lieutenant Hong Hi Choi began teaching Taek Kyon at a Korean military base called Kwang Ju. Americans were first introduced to Taek Kyon when Choi instructed Korean Army troops and some American soldiers stationed with the 2nd Infantry Regiment. Later in 1949 Hong Hi Choi attended Ground General School at Ft. Riely near Topeka, Kansas in the United States. While in the U.S., Choi gave public Taek Kyon demonstrations for the troops. This was the first display of Taek Kyon in America.

The greatest turning point for Korean martial arts started in 1952. During the height of the Korean War, President Syngman Rhee watched a 30 minute performance by Korean martial arts masters. He was especially impressed when Tae Hi Nam broke 13 roof tiles with a single punch. After the demonstration Rhee talked with Hong Hi Choi about the martial arts, he then ordered his military chiefs of staff to require all Korean soldiers to receive training in the martial arts. This caused a tremendous surge in Taek Kyon schools and students. President Rhee also sent Tae Hi Nam to Ft. Benning, Georgia for radio communications training. While there, Tae Hi Nam gave many martial arts demonstrations and received considerable media publicity.

During this same time period in Korea, special commando groups of martial arts-trained soldiers were formed to fight against the communist forces of North Korea. One of the most famous special forces was known as the Black Tigers. The Korean war ended in 1953. In 1954, General Hong Hi Choi organized the 29th Infantry on Che Ju Island, off the Korean Coast, as a spearhead and center for Taek Kyon training in the military.

On April 11, 1955 at a conference of kwan masters, historians, and Taek Kyon promoters, most of the kwan masters decided to merge their various styles for mutual benefit of all schools. The name "Tae Soo Do" was accepted by a majority of the kwan masters. Two years later the name was changed again, this time to "Taekwondo" The name was suggested by General Hong Hi Choi (who is considered the father of Taekwondo). "Taekwondo" was suggested by Choi because of its resemblance to Taek Kyon, and so provides continuity and maintains tradition. Further, it describes both hand and foot techniques.

Dissension among the various kwans that did not unify carried on until September 14, 1961. Then by official decree of the new military government, the kwans were ordered to unify into one organization called the Korea Taekwondo Association (KTA), with General Hong Hi Choi elected as its first president. In 1962, the KTA re-examined all the black belt ranks to determine national standards and also in 1962, Taekwondo became one of the official events in the annual National Athletic Meet in Korea. The KTA sent instructors and demonstrations teams all over the world. Jhoon Ree (who is considered the father of American Taekwondo) attended San Marcos Southwest Texas State College, and later taught a Taekwondo course at the college and formed a public Taekwondo club.

A Taekwondo demonstration at the United Nations headquarters in New York City in 1963, caused the formation of the U.S. Taekwondo Association in 1967, which later was superseded in 1974 by the U.S. Taekwondo Federation.

In Korea, the study of Taekwondo spread rapidly from the army into high schools and colleges. In march of 1966 Choi founded the International Taekwon-do Federation (ITF), which he also served as president. Choi later resigned as the KTA president and moved his ITF headquarters to Montreal, Canada, from where he concentrated on organizing Taekwondo internationally. His emphasis is on self-defense methodology, not particularly on the sport. By 1974, Choi reported that some 600 qualified ITF instructors were distributed throughout the world.

Young-wun Kim was elected the new KTA president. Feeling that Korea was the mother country of Taekwondo and that the world headquarters should be located there, he dissolved the ITF's connection with the KTA and on May 28, 1973 created a new international governing body called the World Taekwondo Federation (WTF), which coincided with the first World Taekwondo Championships that were held in Seoul, Korea. At the first inaugural meeting, Un Yong Kim was elected as president of the WTF and drafted a charter for the federation. The WTF is the only official organization recognized by the Korean government as an international regulating body for Taekwondo.

The World Taekwondo Federation has since made a major effort to standardize tournament rules and organize world class competitions. After the 2nd World TKD Championship in Seoul, the WTF became an affiliate of the General Assembly of International Sports Federation (GAISF), which has ties to the International Olympic Committee (IOC). The IOC recognized and admitted the WTF in July 1980. In 1982 the General Session of the IOC designated Taekwondo as an official Demonstration Sport for the 1988 Olympic Games in Seoul, Korea.

Since Modern-day Taekwondo's official birth on April 11, 1955, its development as a sport has been rapid. Over 30 million people practice Taekwondo in more than 156 countries.

## The Moo Duk Kwan Emblem



As a whole, the emblem symbolizes the spreading of Moo Duk Kwan throughout the fourteen states, i.e., all of Korea, and then across the oceans to the six continents of the world.

- Laurel leaves - The fourteen laurel leaves on each side represent the fourteen states of Korea and the advancement of peace.
- The three seeds joined to the laurel leaves on each side of the emblem represent the "three thousand li" (the distance running north to south) of the "land of morning calm" and its success.
- The six seeds in total indicate the world and represent the six continents.
- The right fist represents Tae Kwon Do and justice.
- The Korean character in the center of the circle means Moo Duk Kwan.
- The character on the left of the circle means Tae and the character on the right of the circle means Kwon.

Moo Duk Kwan, as an international institution, is to achieve the objectives of peace and human advancement, as the emblem symbolizes.

**MOO**

武

Pronounced "mu", it can be translated as: military, chivalry, martial. Interestingly, it is the same symbol as you see in the word Wushu, the generic Chinese term for martial arts.

If we look at the composition of the symbol, the inner part of the symbol is the word for "stop" and the outer part means "weapon". This character may imply that martial arts are defensive, in that they were designed to "stop weapons".

**DUK**

德

We say "deog" in Korean. This word means: benevolence, virtue, goodness, commanding respect, etc.

The character on the left means "little steps" or "to happen", and on the right the character means "moral". Combined, these characters imply "moral steps" or "virtuous conduct". We can also break down the word for "moral" to mean "straight" (the part on the top), and "heart" (the four little lines on the bottom). Moral can certainly be seen to come from "straight hearted".

**KWAN**

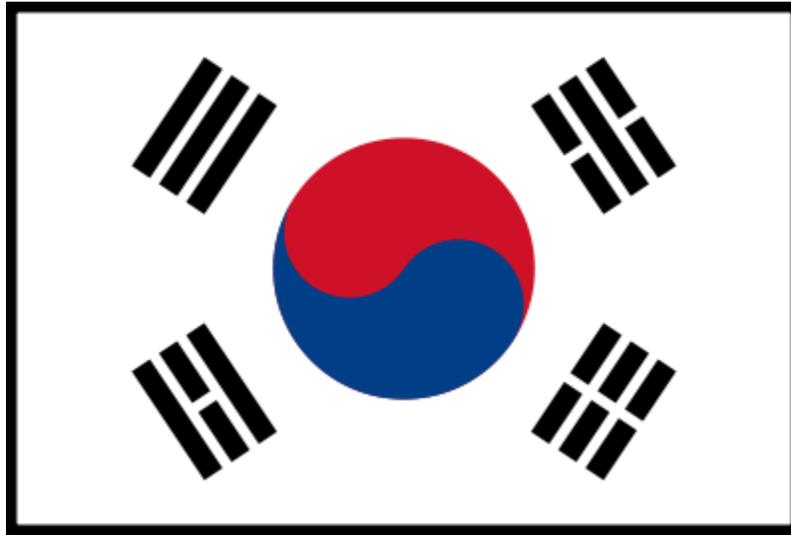
館

This is "gwan" in Korean. It means: mansion, large building, palace or library.

The breakdown of this word is quite intuitive, the symbol on the left looks like a house of sorts. And in fact, this part actually means "to eat" - which is something that (generally) happens under a roof.

We translate Moo Duk Kwan to mean: Military Brotherhood Association

## The Flag of South Korea



The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called *Taeguk* and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag means peace.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

The oldest 'Yin/Yang'-symbol, which was described in stone, was found in Korea. At the end of the 19th century, Korea needed their own flag. It is believed that Young-Hyo Park came up with the first concept. At that time, Korea was under the influence of all sorts of colonists like the Japanese, Chinese and Russian.

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin with respect to the summer and it is at the same time Yang with respect to the winter.

	<b>Name in Korean</b>	<b>Nature</b>	<b>Seasons</b>	<b>Cardinal directions</b>	<b>Four virtues</b>	<b>Family</b>	<b>Four elements</b>	<b>Meanings</b>
	<i>Geon/Kun</i> (건 / 乾)	Sky (천 / 天)	Spring (춘 / 春)	East (동 / 東)	Humanity (인 / 仁)	Father (부 / 父)	Metal (금 / 金)	Justice (정의)
	<i>Ri/Yi/Ee</i> (리 / 離)	Sun (일 / 日)	Autumn (추 / 秋)	South (남 / 南)	Courtesy (예 / 禮)	Son (중남 / 子)	Fire (화 / 火)	Wisdom (지혜)
	<i>Gam/Kam</i> (감 / 坎)	Moon (월 / 月)	Winter (동 / 冬)	North (북 / 北)	Intelligence (지 / 智)	Daughter (중녀 / 女)	Water (수 / 水)	Vitality (생명력)
	<i>Gon/Kon</i> (곤 / 坤)	Earth (지 / 地)	Summer (하 / 夏)	West (서 / 西)	Righteousness (의 / 義)	Mother (모 / 母)	Earth (토 / 土)	Fertility (풍요)