

BLACK'S MARTIAL ARTS ACADEMY

RULES AND DEFINITIONS

Tenets of Tae-Kwon-Do

1. **Courtesy** (Yae Uie) – always be polite
2. **Integrity** (Yun Chee) – being able to tell right from wrong
3. **Perseverance** (Inn Nae) – patience to continue steadfastly
4. **Self-Control** (Kook Kee) – control over one's emotions and techniques
5. **Indomitable Spirit** (Back Jol Bool Kool) – dealing with a situation regardless of the size of the obstacle

Student Pledge

1. To train both mind and body through Tae-Kwon-Do
2. To be a courageous opponent against untruth
3. To promote friendly relations among all
4. To be loyal to my school and instructors
5. To obey all the rules of my school and Tae-Kwon-Do instructors

Student Oath

1. I shall observe the principals of Tae-Kwon-Do
2. I shall respect my instructors and all senior ranks
3. I shall never misuse Tae-Kwon-Do
4. I shall be a champion of freedom
5. I shall work to build a more peaceful world

Ethical Rules of Tae-Kwon-Do

1. Loyalty to nation
2. Obedience to parents
3. Good faith among friends
4. Never retreat from an enemy attack
5. Refrain from senseless killing

Student Creed

1. To build ourselves physically and mentally
2. To build friendships with one another
3. To be a strong group
4. Never fight to achieve selfish ends
5. But to develop might for right

Essence of Tae-Kwon-Do

Control, accuracy, speed and **power** are essential parts of training in Tae-Kwon-Do. One without the others is useless in defending yourself or in every day practice. Snap your techniques using control, accuracy, speed and power. This will not only improve your ability, but it will bring the technique to its fullest potential. When practicing, use your techniques as though you were defending yourself. Then when you are forced to defend yourself, you will act effectively and instinctively.

School Rules

1. Bow to the instructor when entering and leaving the dojang
2. Bow to the flags when entering and leaving the dojang
3. Respect all higher ranks, especially the instructors
4. Have a clean uniform at all times, folded neatly before leaving
5. Maintain discipline, know the tenets of the art, and the student creed
6. Telephone if you will be late or unable to attend
7. Food, chewing gum, drugs, and alcohol are not allowed in the dojang
8. No profanity, no loud talking and no horseplay
9. Do not face the instructor while tying your belt
10. Do not teach without instructor's permission
11. Report all injuries to an instructor
12. Do not try any techniques until an instructor has shown them to you
13. Anyone not following these rules will be reduced in ranks

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Home Rules

1. Children shall greet their parents when they enter the house and tell them goodbye when they leave
2. Children shall at all times be respectful to their parents and grandparents
3. Children shall strive for a good relationship with their siblings
4. Children shall willingly help with household chores
5. Children shall report to their parents when they have assigned tasks
6. Children shall be responsible for the upkeep and neatness of their own room
7. Children shall practice daily cleanliness in the manner of hair, nails, teeth and body
8. Children shall abide by their parents' decisions
9. Children shall not interrupt adult conversation
10. Children shall refrain from rowdy behavior at home
11. Children shall possess an active mind, body and spirit
12. Children shall diligently study their school work both at school and at home
13. Children shall at all times show respect for their school, teachers, and peers

Definition of Tae-Kwon-Do

Tae – feet smashing with kicking techniques

Kwon – fists smashing with hand techniques

Do – the art, the way, or method

Definition of Hapkido

Hap – coordination

Ki – power

Do – the art, the way, or method

Definition of Poomse

A series of systematic movements, necessary for defense and attack

Composition of Tae-Kwon-Do

1. Basic Techniques
2. Poomse
3. Sparring
4. Power Development
5. Discipline and Morality

Theory of Power

1. Reaction Force
2. Concentration
3. Equilibrium
4. Breath Control
5. Speed

Power Formula

$$P=MV^2/T$$

Power equals Mass times Velocity-squared per second

Numbers in Korean

One – Hanna
Two – Dol
Three – Set
Four – Net
Five – Dar Sot
Six – Yo Sot
Seven – Il Gop
Eight – Yo Dol
Nine – A Hop
Ten – Yol
Twenty – Sumul
Thirty – Sorun
Forty – Mahun
Fifty – Schwim
Sixty – Yesun
Seventy – Irun
Eighty – Yodun
Ninety – Ahun
One Hundred – Paek
One Thousand – Chon

General Terms

About Face – Deui RoDo Ra
Assistant Instructor – Jo Ko Nim
Attention – Cha Ryot
Begin – She Jark
Belt – Thee
Black Belt – Yu Dan Jae
Bow – Kyung Rae
Breaking – Kyuk Pa
Certain Victory – Pil Sung
Class Is Dismissed – Kae Jing
End (Stop) – Geu Man
Finish – Koon Marn
Instructor – Sar Bum Nim
Master Instructor – Kwan Jang Nim
Ready Stance – June Bee
Rest – Shee O
Return to Ready Stance – Bar Rot
Reverse – Ban Dae
Thank You – Com Sa Hamnida
Training Hall (house of discipline) – Dojang
Uniform – Do Bok
Yelling – Kee Haap