

跆拳道



氣道館



Newsletter Issue 4

Spring 2002

## WHAT IS TAE KWON-DO ?

Translated literally, Tae Kwon -Do means "Art of hand and foot techniques in self defense". However, it is much much more than that. A Wholistic Martial Art of Mind and Body.

According to the founder of Tae Kwon -Do, General Choi Hong Hi the objectives of Tae Kwon-Do are:

- To cultivate character
- To bring out one's strong strength
- To trim and slim the body
- To display graceful techniques
- To cultivate one's mind.

It is a 'Way of Life' and it touches very aspect of our existence.

A Tae Kwon-Do student must strive to

develop and achieve a balanced 'Total Human Being' with high moral character, strong mind and strong strengths (physical, spiritual and mental) who will contribute towards building a better and more peaceful world.

KidoKwan is a way of focusing one's energy (Ki) and achieve the Balance and Harmony of MIND, BODY AND SPIRIT for a 'TOTAL HUMAN BEING'.

### NEW MEMBERS

Welcome to all new members who have joined the various training centres at Applecross, Balclatta, Riverton, and Thornlie.

## TAE KWON-DO KI-DO KWAN OATH

- I will practice and promote the tenets of Tae Kwon-Do Ki-Do Kwan.
- I will respect my parents, teachers, instructor and seniors.
- I will not misuse Tae Kwon-Do Ki-Do Kwan.
- I shall be a champion of freedom and Justice.
- I will build a more peaceful world.

## TAE KWON-DO KI-DO KWAN TENETS

- Humanity
- Justice
- Peace
- Integrity
- Indomitable Spirit

## NEXT GRADING October/November 2002

Please note that members must have attended a minimum of 30 lessons since last grading before they can apply for grading.

### Key Training Secrets of Tae

There are 10 key training secrets that students should keep in mind. These secrets will be published over the next 10 newsletters.

### Third Secret

To bring the movement of eyes, hands, feet and breath into a single coordinated action.



Contact:  
Mr Peter Wong  
6th Dan Chief instructor  
Tel: 92595683 or 0412-169275

# PROTOCOL

When entering and leaving the training hall, students are reminded to bow at the point of entry and exit of the training hall.

Before the commencement of class, students should also bow to the instructor and seniors students.

During class, all students must address Mr Peter Wong as 'Mr Wong'.

Finally permission is required from the instructor during class to have a drink or to visit the toilet.

## Tae Kwon Do Terminology

<u>Korean</u>		<u>English</u>	
<i>Charyot</i>		<i>Attention</i>	
<i>Kyong Neh</i>		<i>Bow</i>	
<i>Junbi</i>		<i>Ready</i>	
<i>Baro</i>		<i>Return to ready stance</i>	
<i>Sabum Nim Ke</i>		<i>Face the instructor</i>	
<i>Sheer</i>		<i>Relax</i>	
<i>Kommand</i>		<i>Stop</i>	
<i>Hae San</i>		<i>Dismiss</i>	
<i>Hana</i>	1	<i>Yasut</i>	6
<i>Dul</i>	2	<i>Ilgo</i>	7
<i>Set</i>	3	<i>Yadul</i>	8
<i>Net</i>	4	<i>Arhol</i>	9
<i>Tasut</i>	5	<i>Yul</i>	10

## The Interpretations of Patterns (Tuls)

### **CHON-JI—9TH Gup White Belt**

Means literally "the Heaven the Earth".

### **DAN GUN - 8TH Gup Yellow Belt**

Is named after Holy Dan- Gun, the legendary founder of Korea.

### **DO SAN - 7th Gup Yellow Belt (Green Tip)**

Is the pseudonym of the patriot Ahn Chang - Ho, devoted to furthering education of Korea and its independence movement.

### **WON-HYO - 6th Gup Green Belt**

Named after a monk who introduced Buddhism to Korea in 686 AD.

### **YUL-GOK - 5th Gup Green Belt (Blue Tip)**

Is the nick name of a scholar called Yi I, who is also known as 'Confucius of Korea'.

### **JOONG GUN - 4th Gup Blue Belt**

Is named after the patriot Ahn Joong-Gun.

### **TOI-GYE - 3rd Gup Blue Belt (Red Tip)**

Is the pen name of a noted scholar Yi Hwang.

### **HWA-RANG - 2nd Gup Red Belt.**

Is named after the Hwa-Rang youth group in the 7th Century.

## Meaning of Belt Colours

### **WHITE (Beginning) - CHOBO**

Signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

### **YELLOW (Earth) - JIKU**

Signifies the Earth from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

### **GREEN (Air) - KONGI**

Signifies the plant's growth as the Tae Kwon-Do skill begins to develop. The air we breath and essential for life.

### **Blue (Water) - MUL**

Signifies the heaven towards which the plant matures and water which forms two thirds of our body weight and essential for life.

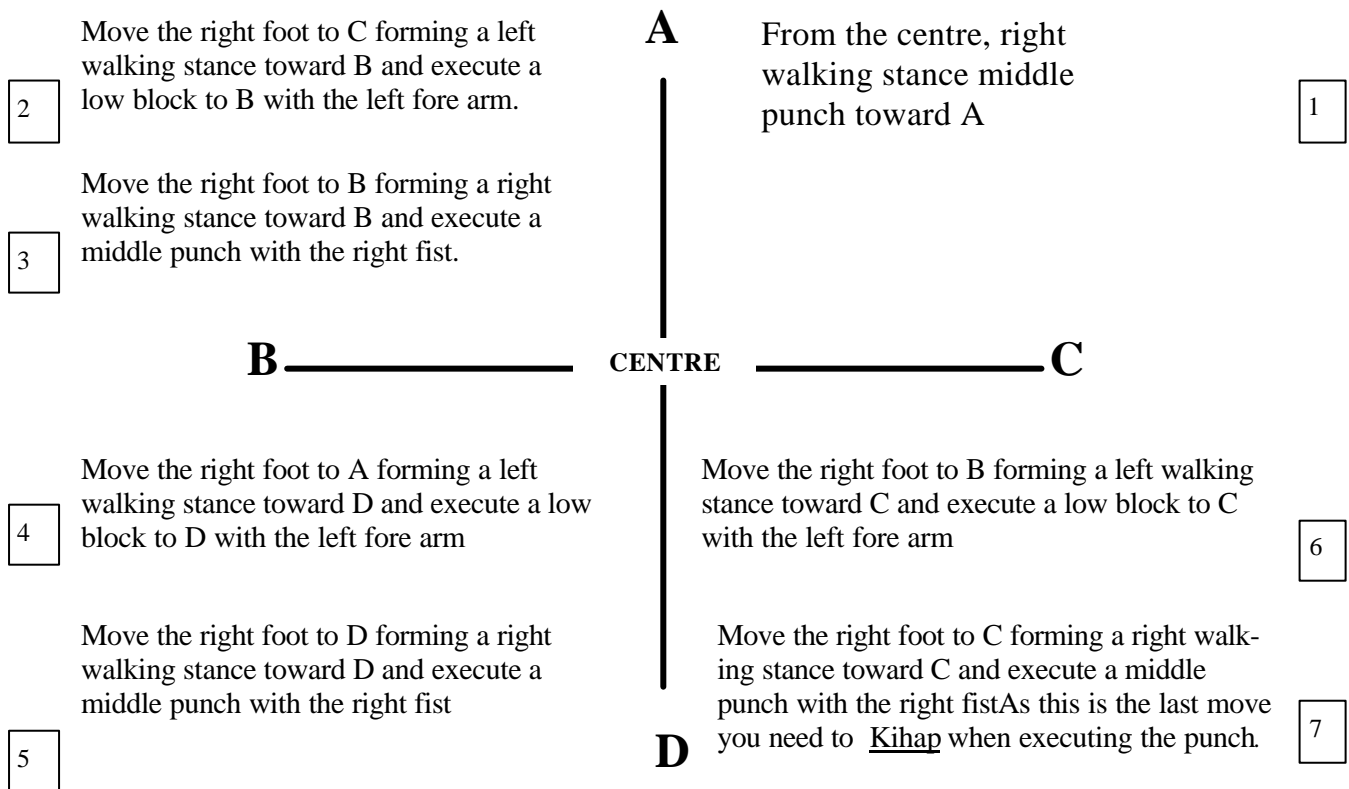
### **Red (Fire) - PUL**

Signifies danger and control.

### **Black (Maturity) - KIDO (Balance & Harmony)**

Signifies maturity, balance and harmony—imperviousness to darkness and fear.

# FOUR DIRECTION PUNCH



## Notes

1. When commencing with the right side, the next movement is to the left or anti clockwise. Consequently, when commencing with your left side (left punch), the next movement is to your right or clockwise.
2. Ensure that you are facing the right direction, front knee bent and you have executed a middle section punch.
3. Also ensure that you are always on a walking stance for all the movements.

### Hint:

When you are executing the right side first, your left foot remains in the same position throughout the pattern. Similarly, when you execute the left side, the right foot remains in the same position.

# Fitness and training

Beginner martial artists are not usually ready for serious training. This takes time as they build up their fitness slowly.

As well as fitness you will need to gain flexibility. This means stretching all your body parts. You need to loosen and warm tight and cold muscles. It is important to keep each stretching movement gentle and slow. You should not use jerking or bouncing movements.

Stretching has many advantages:

- It increases heart and lung capacity
- It helps you practice movements you are about to perform
- It helps avoid injury from pulled muscles
- It gives you greater flexibility.

Stretches includes hamstring stretch, lateral stretch, loosening knee joints, rolling head to loosen neck and so on. It is as important to loosen up before training, as it is to cool down when finishing. This maintains the level of blood circulation and reduces muscle spasms.

## Sparring

Sparring is when students pair off and exchange techniques with each other, usually without the partner knowing the next move and they practice what they have learned in their patterns.

Sparring is practiced in training and it is important as it teaches students which techniques will work in practical real life situations. It teaches students how to take a hit, as well as how to deliver one.

Full contact is not allowed in sparring as injuries can occur if students do not have control of their actions. Students are usually told to stop their kicking and punching actions a few inches away from their sparring partner to avoid contact.

---