



UNIVERSAL TAEKWON-DO FEDERATION



STUDENT INTRODUCTION (11/18/2011)

Motto: To unify mind and body, and individual with community

TENETS of TAEKWON-DO:

Courtesy (Ye Ui)
Integrity (Yom Chi)
Perseverance (In Nae)
Self-Control (Guk Gi)
Indomitable Spirit (Baekjul Boolgool)
Community Service (Sa Hei Bong Sa)
Love (Sa Rang)

PRINCIPLES OF FORCE:

Center (related: Counter Force)
Integrated Breathing
Focus
Control of Mass
Acceleration

TRAINING PRINCIPLES:

Awareness
Relaxation
Timing
Realistic Application
Repetition
Integration (advanced)
Spontaneous Adaptability (advanced)
Flow (advanced)

STUDENT'S CREED:

To build ourselves physically and mentally
To build friendship with one another, and to be a strong group
To never fight to achieve selfish ends, but to develop might for right

STUDENTS OATH

I shall observe the tenets of Taekwon-Do.
I shall respect the instructors, juniors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

RULES OF THE SCHOOL:

1. Bow when entering and leaving the school or training area
2. Demonstrate courtesy and respect for all ranks
3. Have a clean uniform at all times, folded neatly when leaving
4. Maintain discipline, know the Tenets of the art and the Student's Creed
5. Do not spar without the instructor's permission
6. No food or alcohol in the Dojang, refrain from drug abuse, and no chewing gum in the Dojang
7. No profanity, no loud talking, and no horseplay
8. Do not face instructors, seniors or flags while tying belt
9. Report all injuries and blisters to the instructors
10. Do not teach without the instructor's permission
11. Do not try any techniques until an instructor has shown them to you
12. Anyone who cannot follow the rules will be reduced in rank

PRONUNCIATION GUIDE: (approximate – sounds vary with what comes before and after)

a = ah, as in father
e = eh, as in let, but with a little bit of "ay" in it
i = ee
o = oh, as in hope (never ah as in hot, for that sound the "a" is used, see above)
u = halfway between "oo" in moon and the u in cut (similar to the "oo" in book)
ae = halfway between the "i" in like and "ay"
y = the y in yes

NOTE: The k, p, or t at the end of a word should not be heard, they just stop the vowel sound.

COUNTING:**(UTF Student Introduction – Page 2)**

1 – Hana	6 – Yasut	11 – Yul Hana	16 – Yul Yasut	30 – Suin
2 – Dool	7 – Ikop	12 – Yul Dool	17 – Yul Ikop	40 – Maheun
3 – Set	8 – Yadul	13 – Yul Set	18 – Yul Yadul	50 – Shiun
4 – Net	9 – Ahop	14 – Yul Net	19 – Yul Ahop	
5 – Tasah	10 – Yul	15 – Yul Tasah	20 – Samul	

NAMING A TECHNIQUE:

Stance tool height (location) (direction) technique is the usual order used to name a technique or move whether in English or Korean. The location (front/side/rear) and direction (forward/backward) is sometimes understood and not necessary to name. In the beginning, it is good practice to name the moves as fully as possible. Later, the names will be shortened as normal use becomes understood, and then the fuller terms will be used for the less used and more unusual technique variations.

Examples:

Gunnan Sogi Ap Joomuk Chaunde Jirugi = Walking stance fore fist middle section punch

Gunnan Sogi Bakkat Palmok Najunde Bakkarat Makki = walking stance outer forearm low section outward block

Niun Sogi An Palmok Chaunde Yop Makki = L-stance inner forearm middle section side block

GENERAL TERMS

School (Dojang)
 Uniform (Dobok)
 Belt (Ti)
 Forging Post (Dallyon Joo)
 Director (Kwajang Nim)
 Instructor (Sa Bum Nim) [4th Dan and up]
 Assistant to Instructor/Director (Kyosa Nim)
 Senior (Sun Bae Nim)
 Attention (Charyot)
 Bow (Kyung Ye)
 Ready (Junbi)
 Stop (Guman) & At Ease (Bero)
 Vital Spots (Kupso)
 High (Nopunde)
 Middle (Chaunde)
 Low (Najunde)
 Side (Yop)
 Front (Ap)
 Back (Dwi or Dwit)
 Frontward/Forward (Apro)
 Inner (An) (Ex: Inner Forearm)
 Inward (Anuro)
 Outer (Bakkat) (Ex: Outer Forearm)
 Outward (Bakuro)
 Backward (Muluswimyu)
 Push-Ups (Momtong Bachim)
 Rising (Chookyu)
 Turnaround (Dwirodora)
 Self Defense Techniques (Ho Sin Sul)
 Vital Spot (Kupso)

FOOT & LEG PARTS

Ball of Foot (Apkumchi)
 Footsword (Balkup)
 Knee (Moorup)

HAND & ARM PARTS

Forefist (Ap Joomuk)
 Backfist (Dung Joomuk)
 Palm (Sonbadak)
 Knifehand (Sonkal)
 Elbow (Palkup)
 Front Elbow (Ap Palkup)
 Reverse Knifehand (Sonkal Dung)
 Forearm (Palmok)

HAND & ARM TECHNIQUES

Punch (Jirugi)
 Strike (Taerigi)
 Block (Makki)
 Guarding Block (Daebi Makki)

STANCES

Stance (Sogi)
 Rear Foot Stance (Dwitbal Sogi)
 Ready Stance (Junbi Sogi)
 Closed Stance (Moa Sogi)
 Parallel Stance (Narani Sogi)
 Sitting Stance (Annun Sogi)
 Walking Stance (Gunnan Sogi)
 L-Stance (Niun Sogi)

FOOT TECHNIQUES

Front Snap Kick (Apcha Busigi/Ap Chagi)
 Roundhouse Kick (Dollyo Chagi)
 Side Kick (Yopcha Jirugi/ Yop Chagi)
 Back Kick (Dwit Chagi/Dwitcha Jirugi)

Left (Wen)
 Right (Orun)