



# WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

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## TAEKWON-DO TERMINOLOGY

TAE	KWON	DO
Jumping or flying, to kick or smash with the foot	Denotes the fist, to punch or destroy with the hand or fist	Art or way

STUDENT OATH	
1	I shall observe the tenets of TaeKwon-Do
2	I shall respect my instructors and seniors
3	I shall never misuse TaeKwon-Do
4	I shall be a champion of freedom and justice
5	I shall build a more peaceful world

TENETS OF TAEKWON-DO	
1	Courtesy
2	Integrity
3	Perseverance
4	Self-control
5	Indomitable Spirit

CLASS TERMS			
<b>Charyot</b>	Attention	<b>Baro</b>	Back to ready stance
<b>Kyong-Ye</b>	Bow	<b>Sabum-Nim-Ke-Kyong-Ye</b>	Bow to head instructor
<b>Jumbi</b>	Ready	<b>Bo-Sabum-Nim-Ke-Kyong-Ye</b>	Bow to assistant instructor
<b>Si Jack</b>	Begin	<b>Shimsa-Kwan-Nim-Ke-Kyong-Ye</b>	Bow to examiner

HISTORY OF TAEKWON-DO
TaeKwon-Do is the Korean art of self-defence
TaeKwon-Do was developed in the Korean Army
The founder of TaeKwon-Do is General Choi Hong Hi
TaeKwon-Do was founded on April 11th, 1955
The Head Instructor of Woodbridge TaeKwon-Do Group is Master. Joseph Cariati, 8th Dan

NUMBERS IN KOREAN	
1- Hana	6- Yosot
2- Dool	7- Ilgop
3- Set	8- Yopul
4- Net	9- Ahop
5- Dasot	10- Yeol

TAEKWON-DO PATTERNS	
Pattern	# of Movements
Saju Jirugi (Four Directional Punch)	14
Saju Makgi (Four Directional Block)	16
Chon-Ji	19
Dan-Gun	21
Do-San	24
Won-Hyo	28
Yul-Gok	38
Joong-Gun	32
Toi-Gye	37
Hwa-Rang	29
Choong-Moo	30