



**Master:**  
**John Seiber**

# **WELCOME TO**

# **U.S. TAEKWONDO ACADEMY**

Our school of physical fitness teaches the ancient art of Taekwondo. In this age of turmoil, it is important to maintain both a mental and physical strength within one's self to cope with the obstacles and difficulties that life presents us more successfully.

We sincerely hope that this school will serve you as an important institution where you can learn the various virtues of the martial arts, which include self-discipline, respect, concentration and **competition**.

### **Instructors:**

Grand Master Koang Woong Kim – 9<sup>th</sup> Degree Black Belt  
Master John Seiber – 6<sup>th</sup> Degree Black Belt Chief Instructor  
Master John Seiber II – 4th Degree Black Belt - Instructor  
Master Tim Walker – 4th Degree Black Belt – Instructor  
Mr. Stan Slover – 2<sup>nd</sup> Degree Black Belt - Instructor

### **Locations:**

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## WHAT IS TAEKWONDO?

Taekwondo is an ancient Korean form martial art developed 2,000 years ago as an unarmed self-defense.

### Literally:

**Tae** – Means to kick, jump or smash with the foot.

**Kwon** – denotes a fist - mainly to punch or destroy with the hand or fist

**Do** – Means the art, the way or the method

The philosophy behind Taekwondo's meaning is the practitioner should be able to stop an attacker immediately with one willed focused punch, strike or kick to a vital area. This philosophy is clearly evident when observing a class or a demonstration of Taekwondo. The power and spirit they generate is awesome. A Taekwondo practitioner can maintain his or her peace of mind by having confidence in one's self without fear of fright.

## HOW DO YOUNG CHILDREN BENEFIT FROM TAEKWONDO TRAINING?

The U.S. Taekwondo Academy's instructors specialize in teaching very young boys and girls between the ages of five to ten years of age. The training these young children receive gives them a great amount of pride, self-discipline, self-confidence and self-respect, which helps build their character.

In some cases, Taekwondo training can actually serve as a form of child therapy. For example, because of the self-confidence they receive from learning to defend themselves the very shy and withdrawn child becomes more calm and respectful towards others. The U.S. TKD Academy children classes are geared to the shorter attention spans of children. Many of our students have improved their school grades and almost every child will benefit from Taekwondo training in areas of personal achievement and self-discipline.

As parents, you will be truly amazed at the positive difference in attitude your child develops after taking classes at U.S.TKD Academy. They will walk with pride and with their head held higher.

## WHY STUDY TAEKWONDO?

Although self-defense is usually the reason most people study Taekwondo, there are numerous other reasons: Physical fitness, weight control, self-confidence, self-respect, self-discipline and tension or pressure relief. Whatever the reason the new student studies Taekwondo, you soon become aware of the many benefits from training, both expected and unexpected. Taekwondo students feel healthy both mentally and physically. They feel confident that they are learning to defend themselves and this quiet confidence filters through all phases of their daily lives; including family, job and school. As they progress in Taekwondo, students will acquire a greater respect for themselves and for others.

## HISTORICAL DEVELOPMENT OF TAEKWONDO

The historical origin of Taekwondo delineates from the Korean civilization that is more than 4,310 years old. The ancient martial arts had their beginnings hundreds of years before the birth of Christ. At that time Korea was divided into the three kingdoms of Koguryo (37 BC – 668 AD). Competition between the three kingdoms served to aid in the development of the fighting arts. The society of the Koguryo was dynamic for it's time and from the virile frescoes and flamboyant murals the early art of Taekwondo can be traced. The sculptures and wall paintings of the era showed the basic postures of empty – hand fighting in their early stages. From the kingdom of Silla in 53 AD there developed another form of Taekwondo called Hwarang Do. Young noblemen practiced this in order to train their minds and bodies. During the later periods of the Koryo and Yi dynasties the study of Taekwondo continued although at this time it was called Subak and Kwonpup in the later part of the Yi dynasty (1392 - 1910) .In 1945 the traditional art of Taekwondo was again revived.

In the early 1960's there were 16 different Taekwondo training systems in Korea. Each training system was called a "Kwan", which is pronounced "Kwon". Each Kwan had a deep philosophical meaning in relationship to mankind and life in general. In 1967 the Korean government declared Tae Kwon Do a national sport and officially recognized five Kwans: Chung Do, Ji Do, Moo Duk, Chang Moo and Kang Duk. In 1975 all the Kwans were dissolved and unified under the direction if the World Taekwondo Federation (WTF).

Although Taekwondo is unified and governed by the WTF, there is a rich history associated with the old Kwans. Our study of Taekwondo is still in part based on the Ji Do Kwan philosophy. Ji Do translated literally means "kicking skills" Ji Do Kwan students can be recognized by a red figure eight shape surrounded by an eight-pointed blue circle. The Ji Do Kwan symbol is worn on the left side of the Taekwondo uniform (so it is close to the student's heart). Ji Do Kwan is known for its vigorous training methods, explosive techniques and the indomitable spirit of its practitioners.

The symbol of Ji Do Kwan is actually a flower (the water lily) with the shape of a figure eight in the center of a circle. The flower signifies peace and the water lily specifically is representative of life, health, honor, service and luck. The circle represents love, novelty and happiness. In the U.S. the Ji Do Kwan figure eight symbol has come to represent the blow up toy everyone had as a child. Whenever the blow up toy was hit it immediately bounced back up. No matter how many times the toy is struck it always bounced back up. This is the spirit of Ji Do Kwan, getting up eight times when you have been knocked down seven. It also means to always stand upright and never give in to failure.

Practitioners of Ji Do Kwan are encouraged to live by the philosophy upon which the art is built and to spread the spirit of Ji Do Kwan throughout the world.

Today the popularity and enthusiasm for Taekwondo is worldwide, due to the superiority of Tae Kwon Do over the other types of self-defense arts in the world and its Olympic status.

## **HOW LONG DOES IT TAKE TO BECOME A BLACK BELT**

Our answer to this question is simple, "how hard do you want to work?" If you devote yourself to three or more classes a week, you can progress rapidly.

All beginners start by wearing a white belt and then advanced as their ability improves to yellow, green, blue, red and finally black belt. The average person will take 3 ½ years to achieve 1<sup>st</sup> Degree Black Belt. After 1<sup>st</sup> Degree, there are 2<sup>nd</sup> through 9<sup>th</sup> Degrees that the student may achieve towards mastering the art of Taekwondo. The Black Belt is a symbol of the Taekwondo student's victory over himself. Each Black Belt holder knows the pride of achievement in the art of Taekwondo, which he loves.

## **DEFINITION OF TAEKWONDO**

Taekwondo is the Korean art of self-defense and with an action philosophy. It is much more than the image of the martial art's physical aspect. It is designed as a nonviolent art and system of complete body exercise as well as being a way of life. Taekwondo includes physical techniques, mental discipline and a deep philosophy. By practicing Taekwondo one can benefit in the following ways:

**Physically** - One can develop good coordination, gain strength, increase flexibility and improve cardiovascular conditioning. From these physical practices one can have a strong body.

**Mentally** - One can build self-confidence, gain better judgment and improve self-control. From these mental disciplines one can have a sound mind.

**Philosophically** – While developing a strong body and a sound mind it is appropriate to learn the valuable philosophical tools and lessons offered by the Taekwondo philosophy. Among these lessons is the way to be honest, always standing for justice, how to respect others and the meaning of loyalty and courtesy.

Incorporating these three aspects into one's life will build for them the ability to be strong, to be humble, to be gentle and to have self-respect. The Taekwondo philosophy emphasizes good health, happiness, generosity, and a sense of value of freedom, justice and peace. All of these inspire independence and coexistence. Taekwondo is truly an art for humanity and serves as a guide for the formation of outstanding character. It is practice as a modern sport the world over and is useful as a contemporary universal philosophy.

In short Taekwondo is the most practical and most beautiful martial art in the world.

## **GRAND MASTER KOANG WOONG KIM'S MESSAGE TO BEGINNERS**

To those of you who are just beginning Taekwondo I have, through my learning and teaching experience, come to believe that most beginners feel the following when they begin practicing Taekwondo: Some of you may have a fear of your new found practice, or might be curious or very excited to the point that you expect too much from Taekwondo right away. When you actually begin performing the Taekwondo movements, you may get the feeling as though you are the only one that uncoordinated, awkward or possibly inadequate. If you feel this way, there is no need to worry or feel depressed at all, you are not alone and these feelings will soon pass.

First of all you are not an expert, but just beginning learn. Secondly, you are not used to the movements involved, as is the case with any beginner. That is why you are here now, for the purpose of learning. Thirdly, your mistakes, fears or confusion will be detected and corrected by your instructor who will help you with all your needs.

If, however you do not experience these common feelings, consider yourself lucky. It has been my experience that only one out of hundred people do not feel this way.

Do not expect to perform like in the movies, with jumping acrobatics. All beginners must try to remember that Taekwondo is physical and mental discipline, behind which there is a deep philosophy. First, you must pay attention and listen to any instructor who teaches you. Second, you need to be willing to except discipline for greater patience. Third, you must be willing to put forth an earnest effort, shown through a lot of perspiration! If you do, then you will receive from Taekwondo far more than you might have expected. I do not promise this, but it is more than a guarantee, depending of course on the individual's effort.

Physically, Taekwondo can build a strong body. Mentally, Taekwondo can build a sound mind. Philosophically, Taekwondo can provide you with a guide for everyday life. This art is a guide for the formation of outstanding character. Taekwondo is a necessary tool and art for your daily life.

**Welcome to our Taekwondo family.  
Starting now, Taekwondo is your art.**

**Good Luck!**

## **Class Procedure**

- 1.) You must bow as you enter and leave the do-jang (training room). Bowing is a part of our training that is an international natural body language that shows that you respect yourself and others. Bowing also shows that you are healthy and strong, yet have discipline.
- 2.) When addressing a Master or an Instructor please show proper respect by saying, "yes, sir, no, sir; yes, ma'am, no, ma'am."
- 3.) New students are invited to attend as many classes as possible. Please check the schedule to see which classes are appropriate for you.

## **Rules and Regulations**

- 1.) The following are prohibited in the do-jang:  
Shoes, smoking, eating, chewing gum, intoxication, bad language and arguing
- 2.) Always wear a clean uniform to class No Jewelry (you may cut yourself or someone else)
- 3.) When sparring, full sparring gear must be worn at all times
- 4.) Whenever you approach an instructor to address him / her, first bow and then speak politely
- 5.) Senior belts should set a good example by showing respect and helping lower belt students. Lower belt students should always show respect for senior ranking belts.
- 6.) Do not demonstrate or teach Taekwondo outside the do-jang without the express permission of your instructor. Never degrade Taekwondo or the reputation of the school.

## **U.S. TAEKWONDO ACADEMY**

### **PLEDGE OF THE MEMBER**

- 1.) I will observe the rules and absolutely obey the order of the U.S Taekwondo Academy
- 2.) I will attain physical and mental discipline in the spirit of the U.S. Taekwondo Academy
- 3.) I will devote myself to the creation of new tradition and achievement of the U.S. Taekwondo Academy

### **THE EIGHT MANNERS OF SOLEMNITY**

- |                  |                       |                  |                    |
|------------------|-----------------------|------------------|--------------------|
| 1. View Rightly  | 2. Feel Rightly       | 3. Think Rightly | 4. Speak Rightly   |
| 5. Order Rightly | 6. Contribute Rightly | 7. Have Ability  | 8. Conduct Rightly |

## **U.S. TAEKWONDO ACADEMY BELT SYSTEM**

<b>Belt Number</b>	<b>Belt Name</b>	<b>Rank Name</b>
1	White Belt	10 Gup
2	Yellow Belt	9 Gup
3	High Yellow Belt	8 Gup
4	Green Belt	7 Gup
5	High Green Belt	6 Gup
6	Blue Belt	5 Gup
7	High Blue Belt	4 Gup
8	Red Belt	3 Gup
9	High Red Belt	2 Gup
10	Red / Black Belt	1 Gup
11	Deputy Black Belt	Deputy Dan
12	1st Degree Back Belt	Shodan
13	2nd Degree Back Belt	Yidan
14	3rd Degree Back Belt	Samdan
15	4th Degree Back Belt	Sadan (Master)
16	5th Degree Back Belt	Ohdan

## U.S. TAEKWONDO ACADEMY

The journey from white belt to black belt and back to white belt is considered a closed circle. The student ends up back where he / she started.

**White Belt:** In the east white is the absence of all color. This represents the new student who will learn and be “colored” by the teachings of Taekwondo.

**Yellow Belt:** The color yellow represents sunlight. All organisms on earth need sunlight to grow. As a student steps into the light of Taekwondo he / she will master the elementary physical skills of Taekwondo.

**Green Belt:** The color green represents growth. The teachings of Taekwondo help the student flourish, grow and develop a solid base of physical and mental skills.

**Blue Belt:** The color blue represents the sky. As a student continues to grow and goals are achieved, the student reaches for and obtains higher and higher levels of physical and mental skills from the solid base they have developed. The student is “reaching for the sky” as they grow and progress.

**Red Belt:** The color red represents the setting sun, and a sense of caution. The student has reached the twilight of his / her physical training and is approaching black belt. The Taekwondo student must proceed with caution since the black belt presents many pitfalls and danger.

**Black Belt:** the color black is the combination all colors. This signifies that the student has been “colored” by the teachings of Taekwondo and has a high level of physical skill and some mental skills. The light from the beginner’s travel through the teachings of Taekwondo has faded to black.

The student has now mastered the physical skills and now begins the journey to learn the mental skills necessary to obtain the harmony of body and mind. The black belt is not the ending, but is the beginning of looking at Taekwondo in a totally different light. The student begins a journey towards becoming a Taekwondo “Master”. A Taekwondo “Master” is a person who has truly mastered himself / herself. The black belt fades to shades of gray and eventually becomes white, thus completing the circle.

# U.S. TAEKWONDO ACADEMY

## Student Promotion Expectations

### **Yellow Belt**

1. Joo Choom Suh Gi (Riding Stance)
2. 12 Punching Technique
3. Basic Kicking
4. Taegeuk 1 - Heaven
5. Pledge of the member (children)
6. 8 Manners of Solemnity (children)
7. Board Breaking (Right Foot)  
- Step or Flying Side Kick

### **High Yellow Belt**

1. 12 Punching Technique
2. 6 Kicking & Basic Kicking
3. Taegeuk 1 & 2 - Heaven & Lake
4. Pledge of the member (children)
5. 8 Manners of Solemnity (children)
6. Board Breaking (Left Foot)  
- Step or Flying Side Kick
7. Sparring

### **Green Belt**

1. All other belt techniques
2. One Step Sparring (1 – 5)
3. Knife Attacks (1 – 5)
4. Taegeuk 3 – Fire
5. Oral Test
6. Board Breaking (Right Foot)  
- Back Kick
7. Sparring

### **High Green Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Taegeuk 4 – Thunder
5. Oral Test
6. Board Breaking (Left Foot)  
- Back Kick
7. Sparring

### **Blue Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Taegeuk 5 – Wind
5. Oral Test
6. Board Breaking (Right Foot)  
- One Step Reverse Roundhouse
7. Sparring

### **High Blue Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Taegeuk 6 – Water
5. Oral Test
6. Board Breaking (Left Foot)  
- One Step Reverse Roundhouse
7. Sparring

### **Red Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Taegeuk 7 – Mountain
5. Oral Test
6. Board Breaking (Right Foot)  
- Reverse Roundhouse
7. Sparring

### **High Red Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Taegeuk 8 – Earth
5. Oral Test
6. Board Breaking (Left Foot)  
- Reverse Roundhouse
7. Sparring

### **Black & Red Belt**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Koryo
5. Oral Test
6. Board Breaking (Either Foot)  
- Reverse Roundhouse (Speed Break)
7. Sparring

### **Black Belt (Deputy Black Belt)**

1. All other belt techniques
2. One Step Sparring (1 – 10)
3. Knife Attacks (1 – 10)
4. Koryo
5. Oral Test
6. Board Breaking  
- Any break asked of you
7. Sparring
8. Spar several Black Belts at once

# U.S. TAEKWONDO ACADEMY

## BELT TECHNIQUES

### **Basic Kicking Technique**

Double down block after each kick and when you turn around (4 kicks total)

1. Front kick
2. Axe kick
3. Inside crescent kick
4. Outside crescent kick
5. Roundhouse kick
6. Side kick

### **6 Kicking Techniques**

Double down block after each kick and when you turn around (1 kick only)

1. One step front kick
2. One step axe kick
3. One step inside crescent kick
4. One step outside crescent kick
5. One step roundhouse kick
6. One step reverse sidekick

### **12 Punching Techniques**

Down block on turn around (4 punches total)

1. Middle punch
2. Face punch
3. Double punch
4. Chin attack
5. Eye attack
6. Neck attack
7. Spear hand
8. High block
9. Inside block
10. Outside block
11. Low X block
12. High X block

### **Second 6 Kicking Techniques**

Double down block after 2<sup>nd</sup> kick and when you turn around

1. One step front kick + side kick
2. One step axe kick + side kick
3. One step inside crescent + side kick
4. One step outside crescent + side kick
5. One step roundhouse kick + side kick
6. One step reverse side kick + side kick

## U.S. TAEKWONDO ACADEMY POOMSAE (FORMS)

### **THE EIGHT TAEGUEK FORMS:**

Forms (poomse) have been an integral part of almost every martial art throughout recorded time. Some of these arts have used forms as their primary form of practice, even going as far to use them for free sparring. Other arts have gone to the other extreme and place forms at the bottom of the list in important areas of study.

Practitioners of these arts would execute forms only if they did not have a training partner with whom to practice. Forms in Taekwondo can fall anywhere in the above range of importance depending on the individual instructor. However, on a national and international level they play an integral role in the way of Taekwondo.

Since the formation of the World Taekwondo Federation, its officers and member countries have tried to standardize the practice of forms in Taekwondo. To accomplish this, they developed a set of forms called the Taegeuk Poomse. When these forms were created, all of the movements, techniques and projected meanings were based on the eight Trigrams, with each one of the Taegeuks representing different Trigrams. A general misconception, however, is that only the physical portion of the Taegeuk Poomse needs to be mastered. To practice the Taegeuk forms properly and to convey their intended meaning, it is necessary to combine both the physical and mental aspects of the Taegeuk forms. When this is accomplished, the forms will take on a different appearance, atmosphere and ambiance.

The following section offers a breakdown of the mental aspects associated with the Taegeuk Poomse and their corresponding Trigrams.

#### **1. KEON      TAEGEUK ONE      “HEAVEN”**

Taegeuk One is the beginning of all Taegeuk forms. It is the mother of all and the initial molding force that guides the future actions and outcomes in these forms. It is pure Yang and therefore it represents Heaven and light. As such, it should be preformed with the grandeur that is due Heaven and with the caution that any mistakes made here will change the course of future events for the worse.

#### **2. TAE      TAEGEUK TWO      “LAKE”**

Taegeuk Two is representative of a lake: serene, placid and halcyon. In its depths lay untold treasures and mysteries of the life it supports. The movements of this form should be done with a fluid motion and the realization that even though there are boundaries that control our action, we can overcome them. This knowledge, however, should not cause the exaggeration of amour-propre, but increase the joy that is felt when in control of one's destiny.

#### **3. RI      TAEGEUK THREE      “FIRE”**

Taegeuk Three flashes with the energy of the Trigram it represents: fire. For centuries fire has been a means of survival and without it the melioration of mankind would have ended. Ironically, fire has also simultaneously been the means of catastrophe. Like fire, the techniques of this form should be done in an almost rhythmic fashion with occasional outburst of energy.

## **U.S. TAE-KWON-DO ACADEMY** **FORMS CONTINUED**

### **4. JIN            TAEGEUK FOUR        "THUNDER"**

Thunder is energy in one of its most beautiful states. Like fire, it flickers with light and energy. However, thunder emanates from the Heavens and reaches down to earth in a fury that is hardly ever matched by any force created by nature. It seeks the shortest route by striking the highest point in the area while still circling, revolving and gyrating through and around the zephyr. It is in this mind state that Taegeuk Four should be performed: seek the shortest path to the desired goal but do not lose the ability to react to surrounding influences.

### **5. SEON            TAEGEUK FIVE        "WIND"**

Being predominately Yang, Wind tends to be benevolent in nature. Gently blowing down trees grasses and inhabitants of the earth, it is mentally and physically uplifting. However, in its rage wind has the power to destroy villages, cities and in extreme cases even entire states. Taegeuk Five should be preformed in this light with flowing elegance while containing the ability to cause mass destruction with a single movement.

### **6. GAM            TAEGEUK SIX        "WATER"**

Taegeuk Six is representative of water. Like water, it is at once a genesis and decimation. Seemingly supple and conforming it can move a mountain. The movements of Taegeuk Six are preformed in accordance with the nature of water occasionally: standing still as a lake, moving fast as a racing river or exploding outward like a crashing wave.

### **7. GAN            TAEGEUK SEVEN        "MOUNTAIN"**

Taegeuk Seven, being predominately Yin, closely resembles the mental essence of Taegeuk Eight. Mountains can range in size from a small hill located in Central America to the tallest apex in the Himalayas. Despite their physical dimensions all mountains share the same grandeur and majesty. Therefore this form should be executed with the feeling that your movements deserve the highest praise and esteem. Caution should again be taken that ones ego is not exaggerated (as in Taegeuk One).

### **8. GON            TAEGEUK EIGHT        "EARTH"**

Gon is pure Yin: the end of the beginning, the dark side of the mountain and the evil element of all that is good. However, nothing can exist as pure Yin or Yang. Therefore, even in a state of complete darkness there is still light to be found right around the corner. If a man starts walking around in a circle, eventually he will come to a point when another step will take him back to the where his journey began. The practitioner of Taegeuk Eight should keep this in mind. Although Taegeuk Eight is the last form learned, it is also the first, second, third.... The mental and physical portrayal of this form should be done with this in mind.

# **U.S. TAEKWONDO ACADEMY**

## **BLACK BELT (DAN) POOMSE**

### **1. KORYO (BLACK BELT & 1<sup>ST</sup> DEGREE)**

Koryo is the name of the Korean dynasty (918 – 1392 AD) from which Korea derived its name. Koryo implies the origination of a national character and identity. The people of this dynasty successfully defended their homeland from the Mongolian imperialism to which much of Asia had succumbed. This form therefore represents the cultivation of a strong conviction and unyielding spirit. It represents the end of a journey (Gup Rank) and the beginning of a new journey (Dan Rank). 1<sup>st</sup> Degree Black Belts are required to be proficient with Koryo and all previous Taegeuks (1 – 8).

### **2. KEUMGANG (2<sup>ND</sup> DEGREE)**

Keumgang means hardness. In addition, the name has two connotations applicable to Tae-Kwon-Do: one poetic and one spiritual. The Korean people have named the most beautiful mountain in Korea Keumgang-San and the hardest substance (the diamond) Keumgang-Seok. These dual qualities of hardness and beauty are therefore associated with the name. Buddhist thought also professes a concept of hardness which is that quality of spirit impervious to mortal agony; it is the capacity to shun one's physical suffering. This form in turn being called Keumgang, is intended to fuse these qualities with one's martial skills and in doing so grace them with virtue. 2<sup>nd</sup> degree Black Belts are required to be proficient with Keumgang as well as all previous forms.

### **3. TAEBAEK (3<sup>RD</sup> DEGREE)**

Taebaek was the name of a region of Korea where, according to legend the Korean nation was founded more than 4,300 years ago. This region is now Mount Baekdoo, but the word Taebaek still identifies the source of Korea and the majesty of Mount Baekdoo. So it is associated with light, this being the source of life and sanctity because the mountain is so close to perfection. This form is named Taebaek because it is meant to portray these abstract qualities. 3<sup>rd</sup> degree Black Belts are required to be proficient with Taebaek as well as all previous forms.

# U.S. TAEKWONDO ACADEMY

## KOREAN TERMINOLOGY

### Counting 1 – 10

1. Haa-naa
2. Dool
3. Set
4. Net
5. Da-soet
6. Yeo-soet
7. Eel-gop
8. Yeo-deol
9. Ah-hop
10. Yeol

### General Words & Commands

Grand Master	Kwan-janng-neem
Instructor	Saa-beom-neem
Classroom	Do-jang
Uniform	Do-bok
National Flag	Kook-kee
Form	Poomse
Attention	Cha-ryut
Bow	Kyung-neh
Ready	Jhoon-bi
Begin	Shi-jak
Yelling	Kee-hap
Break	Kal-yeo
Continue	Kae-sok
Winner	Sung
Blue	Chung
Red	Hong
Punch	Gee-ru-gi
Low block	A-rae-mak-ki
High block	Eul-gool-mak-ki
Inside block	Ahn-mak-ki

### Body Parts

Hands	Son
Elbows	Pal-kup
Feet	Bal
Knees	Moo-roop
Head	Moh-ri
Chin	Tok
Neck	Dari
Body	Mom
Face	Ol-gool

### General Expressions

- Hello, how are you?**  
An young ha se yo?
- Good-bye.**  
An young hi ka sip si yo.
- Thank you, sir.**  
Gomap sum ni da, Saa-beom-neem.
- I am sorry (I apologize).**  
Mi an ham ni da.
- We meet for the first time (I am glad to meet you).**  
Cho um boep ke sum ni da.
- Let's meet again tomorrow (see you tomorrow).**  
Nae il tto maaap shi da.
- That's all right.**  
Kwan chan sum ni da.
- Excuse me.**  
Shil lye haes sum ni da.
- Please forgive me.**  
Yong so ha ship shi o.
- Don't worry.**  
Kok chong ha ji ma ship shi o.
- Take a good rest**  
Pyon hi swi ship shi o.
- You're Welcome.**  
Chon man ey o.