# The MIT Tae Kwon Do Club

## Rules and Terminology

Tae Kwon Do is a Korean martial art which requires use of the hands and feet without weapons. The main goal of Tae Kwon Do is total mind and body control.

### Aims to Achieve
- Courtesy
- Integrity
- Self-control
- Perseverance
- Indomitable Spirit

### Theory of Power
- Speed
- Breath Control
- Equilibrium
- Concentration
- Reaction Force

### Rules
1. Students must bow to the flags (or the front of the dojang) and the Sabumnim when entering or leaving the dojang.
2. Students must respect and obey higher-ranking belts.
3. Students must use the word *Sir* or *Ma’am* when speaking to higher-ranking belts.
4. When the Sabumnim or Kyosanim enters the dojang, the highest-ranking belt must call the class to attention and have the class bow.
5. Students must speak only when necessary in the dojang.
6. Students must not practice by themselves when a class is available.
7. Students must receive permission from the instructor before entering or leaving the lineup during class.
8. Students must keep the dojang clean at all times.

### Terminology

#### Commands
- **Attention**: charyot
- **Bow**: kyung-nae
- **Ready**: jhoon-bee
- **Begin**: shi-jahk
- **Stop**: ko-man
- **Return**: bab-ro
- **Turn Around**: dwiro-dora
- **At Ease**: shee-ut

#### Counting
- **One**: ha-na
- **Two**: dool
- **Three**: set
- **Four**: net
- **Five**: da-sut
- **Six**: yo-sut
- **Seven**: il-gop
- **Eight**: yo-dul
- **Nine**: a-hop
- **Ten**: yol

#### Kicks
- **Front Kick**: ap-chagi
- **Roundhouse Kick**: dolyo-chagi
- **Side Kick**: yop-chagi
- **Back Kick**: dwit-chagi
- **Hooking Kick**: dwit-dolyo-chagi

#### Nouns
- **Master**: sabumnim
- **Instructor**: kyosanim
- **Training Hall**: dojang
- **Yell**: ki-hap
- **Flag**: guk-gi
- **Form**: hyung

#### Conversation
- **How are you?**: An nyung ha shim mi ka?
- **Goodbye**: An nyung hee ga say yo.