

# 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	bah-ro
turn around	dwiro-dora
at ease	shee-ut

### Stances

front stance	jong-gul-ja-say
back stance	hoo-gul-ja-say
riding stance	ki-ma-ja-say
fighting stance	dae-ryun-ja-say

### 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.

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Available at <http://mittkd.org/rules.pdf>