

WAY OF BALANCE AND HARMONY



Newsletter Issue 4

Spring 2002

## WHAT IS TAE KWON-DO ?

Translated literally, Tae Kwon -Do means "Art of hand and foot techniques in self defence". However, it is much much more than that. A Wholistic Martial Art of Mind and Body.

According to the founder of Tae Kwon-Do, General Choi Hong Hi the objectives of Tae Kwon-Do are:

- To cultivate character
- To bring out one's strong strength
- To trim and slim the body
- To display graceful techniques
- To cultivate one's mind.

It is a 'Way of Life' and it touches very aspect of our existence.

A Tae Kwon-Do student must strive to develop and achieve a balanced 'Total Human Being' with high moral character, strong mind and strong strengths (physical, spiritual and mental) who will contribute towards building a better and more peaceful world.

KidoKwan is a way of focusing one's energy (Ki) and achieve the Balance and Harmony of MIND, BODY AND SPIRIT for a 'TOTAL HUMAN BEING'.

### HEALTH TIPS

Two of the most important benefits of practicing Tae Kwon Do Ki Do Kwan are GOOD HEALTH and PHYSICAL FITNESS. This is achievable through:

- Systematic physical exercise / T K D K D K techniques
- Mind, Body & Spirit (Balance & Harmony)
- Positive attitude & focus
- Relaxation & recreation
- Life style awareness & choices (drugs, smoking, pollution, excessive alcohol, etc.)
- Optimum Nutrition (we are what we eat!)

The above topics will be discussed in future newsletters.

## TAE KWON-DO KI-DO KWAN OATH

- I will practice and promote the tenets of Tae Kwon-Do Ki-Do Kwan.
- I will respect my parents, teachers, instructor and seniors.
- I will not misuse Tae Kwon-Do Ki-Do Kwan.
- I will be a champion of freedom and Justice.
- I will build a more peaceful world.

## TAE KWON-DO KI-DO KWAN TENETS

- Humanity
- Justice
- Peace
- Integrity
- Indomitable Spirit

### NEXT GRADING

Sat 19 Oct 2002 (Riverton)

Thurs 31 Oct 2002 (Balcatta)

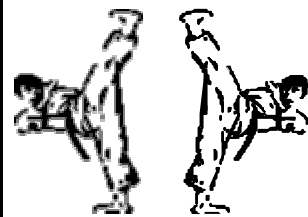
Please note that members must have attended a minimum of 30 lessons since last grading before they can apply for grading.

### Key Training Secrets of Tae

There are 10 key training secrets that students should keep in mind. These secrets will be published over the next 10 newsletters.

#### Third Secret

To bring the movement of eyes, hands, feet and breath into a single coordinated action.



Contact:  
Mr Peter Wong  
6th Dan Chief instructor  
Tel: 92595683 or 0412-169275

# PROTOCOL

When entering and leaving the training hall, students are reminded to bow at the point of entry and exit of the training hall.

Before the commencement of class, students must also bow to the instructor first and then seniors.

All students must address Mr Peter Wong as 'Mr Wong', and answer 'Yes Sir' when called.

Students must not talk or laugh during class. Students must not use offensive language and behave properly outside class.

Finally permission is required from the instructor during class to have a drink or to visit the toilet.

## Tae Kwon Do Terminology

<u>Korean</u>		<u>English</u>	
Charyot		Attention	
Kyong Neh		Bow	
Junbi		Ready	
Baro		Return to ready stance	
Sabum Nim Ke		Face the instructor	
Sheer		Relax	
Kommand		Stop	
Sjak		Start	
Hae San		Dismiss	
Hana	1	Yasut	6
Dul	2	Ilgo	7
Set	3	Yadul	8
Net	4	Arhol	9
Tasut	5	Yul	10

### The Interpretations of Patterns (Tuls)

#### **CHON-JI—9TH Gup White Belt**

Means literally "the Heaven the Earth".

#### **DAN GUN - 8TH Gup Yellow Belt**

Is named after Holy Dan- Gun, the legendary founder of Korea.

#### **DO SAN - 7th Gup Yellow Belt (Green Tip)**

Is the pseudonym of the patriot Ahn Chang - Ho, devoted to furthering education of Korea and its independence movement.

#### **WON-HYO - 6th Gup Green Belt**

Named after a monk who introduced Buddhism to Korea in 686 AD.

#### **YUL-GOK - 5th Gup Green Belt (Blue Tip)**

Is the nick name of a scholar called Yi I, who is also known as 'Confucius of Korea'.

#### **JOONG GUN - 4th Gup Blue Belt**

Is named after the patriot Ahn Joong-Gun.

#### **TOI-GYE - 3rd Gup Blue Belt (Red Tip)**

Is the pen name of a noted scholar Yi Hwang.

#### **HWA-RANG - 2nd Gup Red Belt.**

Is named after the Hwa-Rang youth group in the 7th Century.

#### **CHOONG - MOO - 1st Gup Red Belt (Black Tip)**

Given name of 15 Century great Admiral Yi-Soon-Sin.

## Meaning of Belt Colours

### **WHITE (Beginning) - CHOBO**

Signifies innocence, as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

### **YELLOW (Earth) - JIKU**

Signifies the Earth from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

### **GREEN (Air) - KONGI**

Signifies the plant's growth as the Tae Kwon-Do skill begins to develop. The air we breath and essential for life.

### **Blue (Water) - MOOL**

Signifies the heaven towards which the plant matures and water which forms two thirds of our body weight and essential for life.

### **Red (Fire) - POOL**

Signifies danger and control.

### **Black (Maturity) - KIDO (Way of energy to achieve Balance & Harmony)**

Signifies maturity, balance and harmony—imperviousness to darkness and fear.