



跆拳道



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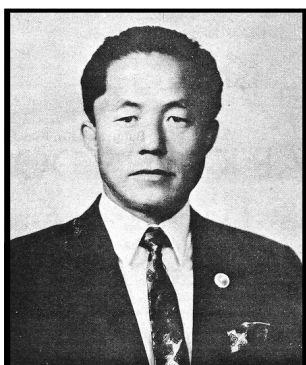
Newsletter Issue 3

June/July 2002

TRIBUTE TO GRANDMASTER GENERAL CHOI HONG HI

Grandmaster General Choi Hong Hi died in North Korea on 15 June 2002 at the age of 83. Tae Kwon-Do was founded by General Choi Hong Hi in 1955 based on traditional Eastern philosophies and ancient Korean martial art Soo Bak Ki (hand movements only) and Taekyon (Foot movements only).

As members of the Tae Kwon-Do family, we are forever grateful to General Choi Hong Hi for bringing this wonderful Art to mankind. May God Bless his soul and Rest in Peace.



Tae Kwon-Do, the wholistic Martial Art of the mind and body has now spread to all corners of the earth and practiced by millions. This is the legacy of General Choi Hong Hi who has devoted his life and energies into developing and promoting the Art of Tae Kwon-Do. It is now our duty to carry on and spread the true spirit and philosophy of Tae Kwon-Do - Justice, Humanity, Charity and Peace.

NEW CLUB

Welcome to new club members in Balcatta at the Macedonian Cultural Centre.

Looking forward to have a combined training with all the other members.

CLASSES

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Riverton Leisureplex

Juniors

Monday 4.30 -5.30 p.m

Juniors & Seniors

Wednesday 6—7 p.m.

Juniors and Seniors

Saturday

11.30 a.m.—12.30 p.m.

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Queen of Apostles Parish Hall Tribute St. Riverton

Juniors

Tuesday

3.30p.m.—4.30 p.m.

Seniors

7.15 p.m.—8.15 p.m.

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Sacred Heart Primary School Thornlie

50 Ovens Road, Thornlie

Thursday

3.15p.m. - 4.15 p.m.

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St. Benedict's Primary School Applecross

Alness Street,

Applecross

Wednesday

3.30p.m.— 4.30 p.m.

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Macedonian Cultural Centre - Balcatta

71 Grindelford Place,

Balcatta

Tuesday and Thursday

6.15 p.m.—7.15 p.m.

NEXT GRADING

August 6th, 7.30 p.m.

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 Kwon-Do

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

Second Secret

Keep both arms and legs bent slightly while movement is in motion.



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

Health Tips.....

As a qualified Homeopathic Medicine practitioner, I would like to bring to your attention some important information on everyday health issues which form an integral part of your training and development.

The first important rule is 'BALANCE and MODERATION'. Over indulgence in anything is harmful, even in Tae Kwon-Do training. Our Tae Kwon-Do training in self-control and self-discipline will in-still in us this important rule.

Tae Kwon Do Terminology

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

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.

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) - MUL

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

Red (Fire) - PUL

Signifies danger and control.

Black (Maturity) - KIDO (way of the energy to achieve Balance & Harmony)

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