

跆拳道



氣道館



Newsletter Issue 2

May 2002

## DEMONSTRATION

The word "Excellent" best describes the afternoon of 28 April 2002.

This was the day that our school participated in the Schoenstatt Fete held at the grounds of the Queen Of Apostles school in Riverton.

The weather was pleasant, and the demonstration was very well performed and organised. Students who participated showed off their warm up exercises and techniques, patterns and self defence techniques.

The crowd, who surrounded our students thoroughly enjoyed it. Even after the demonstration, students were approached and told by members of the crowd how much they enjoyed the demonstration.

Our students were

also spurred on by a 'support group', consisting mainly of friends, parents and spouses of participating students and instructor Mr Peter Wong.

Most importantly, our students showed that they have improved their self confidence as they performed publicly without a trace of nervousness.

Again, many thanks to all who participated as it is much appreciated.

## NEW MEMBERS

**Welcome aboard to new student members who have joined us since the last newsletter.**

**We look forward to training with you and please feel free to speak to other members, both juniors and seniors, and as well as Mr Peter Wong, if you have any queries.**

## CLASSES

Gradings are now held every two months, it is recommended that students attend classes at least twice a week and also practice at home. The next grading is on 4th of June 2002. Currently classes held each week are as follows:

◇◇◇

### Riverton Leisureplex

#### **Juniors**

Monday 4 -5 p.m

#### **Juniors & Seniors**

Wednesday 7—8 p.m.

#### **Juniors and Seniors**

Saturday

11.30 a.m.—12.30 p.m.

◇◇◇

### Queen of Apostles Parish Hall Tribute St. Riverton

#### **Juniors**

Tuesday

3.30p.m.—4.30 p.m.

#### **Seniors**

7.00 p.m.—8.00 p.m.

## MEMBERSHIP

The special offer for new members is still on.

For \$99, the new member receives three months of membership and unlimited training time.

A uniform will also be provided for free of charge.

## 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.

### First Secret

**The first is to create a sine wave during movement by utilising the knee spring properly.**



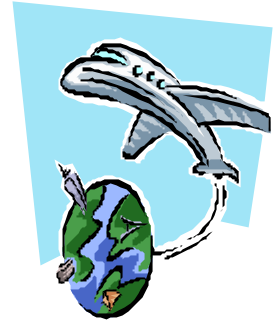
### Tae Kwon Do Terminology

<u>Korean</u>	<u>English</u>
Charyot	Attention
Kyong Neh	Bow
Junbi	Ready
Baro	Return to ready stance
Do Bok	Uniform
Sheer	Relax
Kommand	Stop
Hae San	Dismiss
Nana	1
Dul	2
Set	3
Net	4

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

## Hello and Goodbye.....

Over the past weeks we have had the pleasure of training with Lara, who is here on a student exchange program. Lara comes from Switzerland and is here to learn the English language. We understand that Lara has another week before leaving Perth. Lara tells us that she will continue Tae Kwon Do training in Switzerland as she has found it really helpful particularly in the area of self defence. We sincerely wish her all the very best in her endeavours.



## The Interpretations of Patterns (Tuls)

### **CHON-JI - 9th Gup**

Means literally “the Heaven the Earth”. It is , in the Orient, interpreted as the creation of the world or the beginning of the human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

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

Is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.

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

Is the pseudonym of the patriot AhnChang-Ho (1876 -1938)  
The 24 movements represents his entire life which he devoted to furthering education of Korea and its independence movement.

## 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.

---