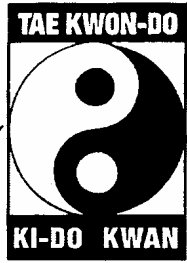


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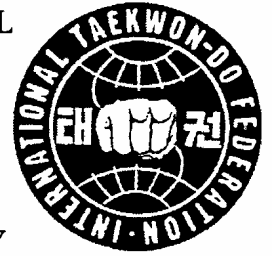


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NEW FOCUS AND DIRECTION IN MARTIAL

TAE KWON-DO KI-DO KWAN

WAY OF PEACE, BALANCE AND HARMONY



Newsletter Issue 01-03

Autumn 2003

THE SPIRIT AND PHILOSOPHY OF TAE KWON DO

Tae Kwon do is a way of life. It is more than just punching, kicking, striking and blocking or a method of self-defence.

As a martial art it's discipline, technique and mental training are focused on the development of a dedicated practitioner into a person of high moral character who will display a strong sense of justice, peace, humility, honesty and integrity.

The formidable physical power, mental discipline and indomitable spirit instilled through Tae Kwon Do training will enhance one's resolve to stand on the side of justice, peace, humility, honesty and integrity. According to General Choi, "The Philosophy of Tae Kwon Do", is based on ethical, moral and spiritual standards by which humanity can live together in peace and harmony.

Ethical, Moral and Spiritual Standards

include the following elements:

- *Basic Nature*
- *Humanity*
- *Righteousness*
- *Propriety*
- *Trust*
- *Justice*
- *Peace*
- *Integrity*
- *Indomitable Spirit*
- *Etiquette*
- *Loyalty*
- *Love*

TOURNAMENTS

There will be a series of competitions (minimum 3) with other ITF Clubs in 2003. Any members interested to take part, please advise Mr Peter Wong.

Competition participation is voluntary and it is beneficial in developing confidence, compare your techniques and standards with

others and also a great opportunity to meet other TKD practitioners. Above all to have fun and enjoyment with the TKD family.

OSBORNE PARK DOJANG



Special thanks to all who participated in the join training at the Osborne Park Dojang on the 22 February 2003.

As all participants benefited well in refining new skills and/or improving on their existing TKD skills, it is anticipated that more of this join training will be held in the near future.

Finally we thank Rom Tae Kwon Do Ki Do Kwan for providing the facilities and accommodating all participants from the other clubs.

NEXT GRADING TEST

Osborne Park
Mon 24 March 6.00 p.m.
Balcatta
Thur 20 March 6.00 p.m.
Riverton
Sat 22 March 11.30 a.m.

Members applying for test must have minimum 3 months training since the last grading and have attended minimum 24 lessons. However additional training are essential to ensure required standards are attained for grading.

Promotions will be granted above 60% mark. Unsuccessful members will be required to be re-tested after 3 months for a \$20 grading fee. Subsequent grading fees thereafter will be \$35.

Key Training Secrets of Tae Kwon Do

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

Fifth Secret

To understand the purpose and meaning of each movement clearly.

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

TERMINOLOGY

Class Procedure

Face instructor.....Sabum Nim Ke
Dismiss.....Hae San
Attention.....Charyot
Bow.....Kyong Ye
Ready.....Junbi
Start.....Sijak
About turn.....Duiro Dora
At ease.....Swiyo
AgainTashi
Return.....Baro
Yell.....Kihap
Sit down.....An-Jo
Stand up.....Ero-Soot

Counting

One.....Hana
Two.....Dul
Three.....Set
Four.....Net
Five.....Tasut
Six.....Yasut
Seven.....Ilgo
Eight.....Yadul
Nine.....Arhol
Ten.....Yul

Others

Training area.....Dojang
Uniform.....Dobok

Sparring

One Step Sparring.....Ibo Matsogi
Free Sparring.....Jayoo Matsogi

In your own time.....Koorio - off - shi
By number.....Koorio - A - Macho

Techniques

Height Position:
High.....Nopunde
Medium.....Kaunde
Low.....Najunde

General Directions:

Front.....Ap
Side.....Yop
Back.....Dwit

Fundamental Techniques :

Punch.....Jirugi
Strike.....Taerigi
Thrust.....Tulgi
Kick.....Changi
Block.....Makgi

Basic Stances

Sitting stance.....Anun Sogi
Walking stance.....Gunnun Sogi
L stanceNiunja Sogi

Other Important Terms

4 Direction.....Saju
Knife hand.....Sonkal
Elbow.....Palkup
Turning.....Tollyo
Crescent.....Bandal
Reverse.....Bandae
Guarding.....Taebi
Flying.....Twimyo
Semi/half.....Ban

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) - 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 (Balance & Harmony)

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