



WHITE BELT & YELLOW TAG THEORY

Definition of Taekwon-Do: Literally translates as "The Art of Hand & Foot". **TAE** represents the foot used for kicking. **KWON** represents the hand used for punching, striking, thrusting and blocking. **DO** represents the art, way or method. Taekwon-Do was founded by General Choi Hong Hi and officially given the name on 11th April 1955.

The International Taekwon-Do Federation (ITF) was formed in 1966 to help spread Taekwon-Do under an official world-wide recognised organisation.

Tenets of Taekwon-Do: a tenet is a belief or principle by which we should aim to serve as a guide to achieve and live by.

- COURTESY
- INTEGRITY
- PERSEVERANCE
- SELF CONTROL
- INDOMITABLE SPIRIT

Taekwon-Do Oath:

- I shall observe the tenets of Taekwon-Do
- I shall respect my instructor & senior
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom & justice
- I shall build a more peaceful world

White Belt signifies innocence. No previous knowledge of Taekwon-Do.

Chon-Ji (19 movements) literally means Heaven & Earth. In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the first pattern learnt by a beginner. The pattern consists of two similar parts, one representing Heaven, the other the Earth.