Dear Taekwondo Family,

This manual is dedicated to all of the instructors and students. In the more than 20 years that our school has been open, many of you have requested written information ranging from the correct Korean names for different stances, blocks, strikes, and kicks to the origins of Taekwondo itself. I have designed this manual to help answer your questions. It should be used as a reference guide and should help in both learning and teaching Taekwondo.

Taekwondo is the most popular martial art in the world. It was a demonstration sport at the 1988 Summer Olympics in Seoul, Korea as well as the 1992 Summer Olympics in Barcelona, Spain. Beginning with the 2000 Summer Olympics in Sydney, Australia it is a full medal sport, one of only two martial arts to have this honorable distinction.

Taekwondo has rapidly grown in popularity through the years due to the immense benefits it provides. Many of my students have found greater self-confidence, physical and mental discipline, and improved health as a result of their training. I hope you will all benefit from Taekwondo as I have through the years.

Sincerely,



Grand Master Jung Woo Kim



Grand Master J.W. Kim was born in Seoul, South Korea and moved to Sao Paulo, Brazil a few years later where he started in Taekwondo at age 4. He proceeded to win many of the prestigious tournaments and became a well known competitor. Ever since he achieved his black belt, he has been actively involved in teaching and coaching Taekwondo.

Being accepted at New York University, Grand Master Kim left Brazil to go to New York City at age 18. In only 3 years he learned English and received a degree in economics graduating with honors. In addition to English, Grand Master Kim has learned several more and now speaks six languages.

After graduation, Grand Master Kim went on to open J.W. Kim Taekwondo in Greenwood Village, Colorado. Since 1995, J.W. Kim Taekwondo has become one of the largest operations in martial arts in Colorado and has started affiliate programs in Palo Alto, CA, Denver, CO, Highlands Ranch, CO, and Castle Pines, CO. Grand Master Kim has also graduated over 1,000 students to the level of black belt.

- 7th degree black belt- Kukkiwon Certified (2010)
- Appointed as a special advisor to the Kukkiwon (2012)
- Former V.P of Colorado Taekwondo Association (1999-2002)
- September 20th is official J.W. Kim day proclaimed by Denver's Mayor Wellington Webb.
- Presidential Sports Award from President Bill Clinton in 1996.
- Coach of many National and International champions
- Special commendation from Kukkiwon President Woo Kyu Uhm for Master Kim's unlimited efforts of self sacrifice to bring about the popularization of the sport Taekwondo (2004)

Other martial arts experience: Hapkido and Brazilian Jiujitsu

What Makes a J.W. Kim Instructor?

J.W. KIM TAE KWON DO

Our instructors set J.W. Kim Taekwondo apart from many schools. We truly believe that the instructors you train with here really are some of the best. Not only because they've competed in and won numerous state, national, and international tournaments or because they're physically capable, but also possess many intangibles that our students value. We realize that just because you can perform well does not guarantee you can teach well.

Our instructors all came to J.W. Kim Taekwondo for different reasons; some came for exercise, some for confidence, some for self-defense, and some for focus and self-discipline. Whatever the reason for beginning Taekwondo, they have all been personally and positively influenced by this Korean art. While all of our instructors have different personalities, one thing they all have in common is their love for Taekwondo and a passion to share the experience with as many other people as possible.

Leadership is one intangible that we value in our instructors. Prior to earning their black uniforms, our instructors complete the STORM Team leadership program for at least two years. Our STORM team leadership program teaches team members how to teach students of all age and ability levels.

Active citizenship is another characteristic that sets our instructors apart. All of our instructors exemplify the five Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Indomitable Spirit, and Self-Control. Furthermore, many of our instructors regularly engage in community service such as volunteering in hospitals, homeless shelters, veteran's associations, and poverty relief programs.

Academic prioritization is also important to our instructors. We expect J.W. Kim instructors to have a minimum of a 3.0 GPA, however, many of our instructors exceed those expectations. Our younger instructors often receive high accolades in high school and continue on to attend college. Our older instructors all have college degrees and many graduated from college with honors.

Additionally, all of our instructors are well rounded. While Taekwondo is a huge component of their lives, it is not the sole component. They all excel at areas outside of the Dojang. Whether it's raising a family, academics, business interests, charity work, athletics, technology, art, or other hobbies, they all believe that it is important to be well balanced and accumulate a variety of skills and interests to lead a truly fulfilling life.

Lastly, all of our instructors are hungry to learn more. They lean heavily on Grand Master Kim, each other, and, most importantly, our students to push us to continue learning and perfecting our technique and instruction skills.

All schools claim to have good instructors. But ask them, what makes your instructors better than other schools? Few can respond with the exceptional combination of martial arts accomplishments and life accomplishments. Our instructors are all well trained, educated, motivated, and positive people. Being able to teach and share these skills and experiences is what makes our instructors J. W. Kim instructors.

Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into 3 kingdoms: **Koguryo, Paekje, and Silla. Silla later unified the three kingdoms** after winning the war against Paekje in 668 AD and Koguryo in 670 AD. **The Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The Hwa Rang Do had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the 3 kingdoms and allowed the people of Korea to learn and practice these martial arts. Unfortunately, in 1909 the Japanese invaded Korea and forbid the practice of their martial art, that was then being called Soo Bak. Fortunately, people continued to practice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a "Kwan"**. Some of the different Kwans that developed were "Chung Do Kwan", "Moo Duk Kwan", "Yun Moo Kwan", and "Ji Do Kwan". Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick, or compete**. Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow.

In 1955 the kwans unified and in 1957 the name Taekwondo was adopted. In 1973, the World Taekwondo Federation (WTF) was founded and in 1980 the International Olympic Committee (IOC) recognized the WTF. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics** in Sydney, Australia **Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC**.

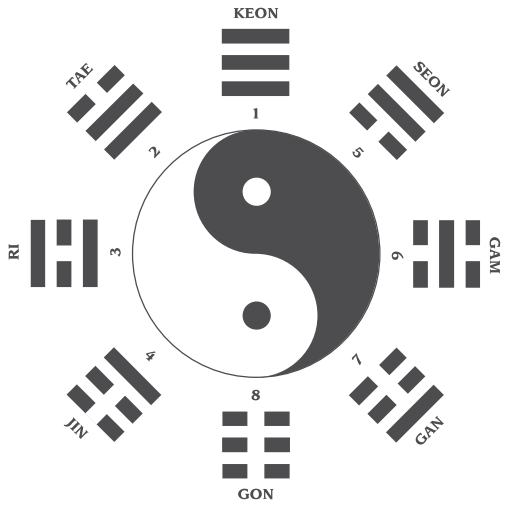
"Poomse" is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WTF style of Taekwondo you will learn Taegeuk Poomse. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, **"Tae" means bigness** and **"geuk" means eternity**. Combined **Taegeuk means "great eternity"**. The **8 patterns** of the Taegeuk forms derive their meanings from the basic tenets of the orient's oldest philosophical work, **The Book of Changes**. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. **Yin is the ultimate creative power** and **Yang is the ultimate receptive power**.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

1.	Taegeuk Il Jang	Keon	Heaven & Light
2.	Taegeuk Yi Jang	Tae	Joy
3.	Taegeuk Sam Jang	Ri	Fire & Clarity
4.	Taegeuk Sa Jang	Jin	Thunder
5.	Taegeuk Oh Jang	Seon	Wind
6.	Taegeuk Yuk Jang	Gam	Water
7.	Taegeuk Chil Jang	Gan	Mountain
8.	Taegeuk Pal Jang	Gon	Earth



Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomse carry with them not only the physical movements but also the meaning of Taekwondo.

The following should be considered while performing forms:

1. Form should begin and end at exactly the same spot. This indicates the quality of the performer's stances and technique.

2. Correct posture and body position must be maintained at all times.

3. Muscles of the body should be either tensed or relaxed at the proper, critical moments in the form.

4. The exercise should be performed in a rhythmic movement with an absence of stiffness.

5. Movement should be accelerated or decelerated according to the specifications of that pattern.

6. Exhale on exhertion of each technique in order to maximize power.

7. Each pattern should be perfected before moving to the next.

8. Students should know the purpose of each movement.

WTF STYLE (OLYMPIC STYLE)

1. **TAEGEUK IL JANG –** Heaven and light.
2. **TAEGEUK YI JANG –** Joy.
3. **TAEGEUK SAM JANG –** Fire and clarity.
4. **TAEGEUK SA JANG –** Thunder.
5. **TAEGEUK OH JANG –** Wind.
6. **TAEGEUK YUK JANG –** Water.
7. **TAEGEUK CHIL JANG –** Mountains.
8. **TAEGEUK PAL JANG –** Earth.
9. **KORYO –** Named after an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflectead in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.
10. **KEUMGANG –** Means "diamond," symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Kuemgang warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this Poomse.
11. **TAEBEK –** Translates to "lightness". Every movement in this Poomse is intended to be not only be exact and fast, but with determination and hardness resembling the mountain Baekdoo, the origin of the nation of Korea.
12. **PYONGWON –** Translates roughly to 'vast plain'. The plain is a source of sustaining the human life and, on the other hand, a great open plain stretching out endlessly gives us a feeling of majesty that is different from what we feel with a mountain or the sea.

ITF STYLE

1. **CHONJI –** Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of 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.
2. **DANGUN –** Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
3. **DOSAN –** Pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
4. **WONHYO –** Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
5. **YULGOK –** Pseudonym of a great philosopher and scholar Yi l (1536-1584) nicknamed the “Confucius of Korea” The 38 movements of this pattern refer to his birthplace on 38 latitude, and the diagram represents “scholar”.
6. **JOONGGUN –** Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed in a Lui-Shung prison (1910).
7. **TOIGYE –** Pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, and the diagram represents “scholar”.
8. **HWARANG –** Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
9. **CHOONGMOO –** Named after the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
10. **KWANGGAE –** Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.
11. **POEUN –** Pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.
12. **GE BAEK –** Named after Ge Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

1. Arrive early for class.
2. Always bring your attendance card into class.
3. Attend regularly.
4. Students must bow when they enter or exit the school's lobby.
5. Students must bow to the flags when entering or leaving the Dojang (training area).
6. Students must bow to the Masters and Instructors the first time they see them and the first time they enter the Dojang.
7. Tie your belt correctly.
8. Bring your full set of J. W. Kim Taekwondo approved sparring equipment for all sparring classes.
9. Never climb on the kicking bags or misuse any equipment.
10. Never use bad language or insult another student.
11. Help keep the Dojang neat and orderly.
12. Do not engage in rough play before or after class.

Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self Control

Taekwondo Oath

1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

Etiquette

- When lining up students should line up by rank and then by age allowing higher ranking students and more senior students to line up first.
- When in groups, the lowest ranking student in the group should get any required equipment. If there are multiple students of the same rank, the younger student should get the equipment.
- Bow and use two hands whenever exchanging equipment, papers, certificates, or any other items.
- Answer up. All questions and commands should be answered Yes Sir/Ma'am or No Sir/Ma'am.

Commands

Charyot	Attention
Kukke Yea Deehayo	To the Flag
Kwanjangnim	To the Head Master
Sabumnim Kye	To the Master (4th to 6th degree)
Kyosanim Kye	To the Instructor (2nd to 3rd degree)
Kyunyeah	Bow
Kamsa Habneeda	Thank You Very Much
Hecho	Dismissed

How to Address Senior Belts

"Kwanjangnim" – Head Master
"Sabumnim" – Master – 4th degree Black Belt or Higher
"Kyosanim" – Instructor – 2nd and 3rd degree black uniform instructors
When you are at the school, you must always address all senior belts as Sir or Ma'am.
All questions are to be answered Yes or No Sir/Ma'am.

Korean Numbers: 1-100

NUMBER	ENGLISH	KOREAN
1	One	Hana
2	Two	Dule
3	Three	Set
4	Four	Net
5	Five	Dasot
6	Six	Yosot
7	Seven	Il gob
8	Eight	Yo dul
9	Nine	Ahop
10	Ten	Yul
11	Eleven	Yul hana
12	Twelve	Yul dule
13	Thirteen	Yul set
14	Fourteen	Yul net
15	Fifteen	Yul dasot
16	Sixteen	Yul yosot
17	Seventeen	Yul il gob
18	Eighteen	Yul yo dul
19	Nineteen	Yul ahop
20	Twenty	Sumul
21	Twenty one	Sumul hana
22	Twenty two	Sumul dule
23	Twenty three	Sumul set
24	Twenty four	Sumul net
25	Twenty five	Sumul dasot
26	Twenty six	Sumul yosot
27	Twenty seven	Sumul il gob
28	Twenty eight	Sumul yo dul
29	Twenty nine	Sumul ahop
30	Thirty	Sarun
31	Thirty one	Sarun hana
32	Thirty two	Sarun dule
33	Thirty three	Sarun set
34	Thirty four	Sarun net
35	Thirty five	Sarun dasot
36	Thirty six	Sarun yosot
37	Thirty seven	Sarun il gob
38	Thirty eight	Sarun yo dul
39	Thirty nine	Sarun ahop
40	Forty	Mahun
41	Forty one	Mahun hana
42	Forty two	Mahun dule
43	Forty three	Mahun set
44	Forty four	Mahun net
45	Forty five	Mahun dasot
46	Forty six	Mahun yasot
47	Forty seven	Mahun il gob
48	Forty eight	Mahun yo dul
49	Forty nine	Mahun ahop
50	Fifty	Shehun

NUMBER	ENGLISH	KOREAN
51	Fifty one	Shehun hana
52	Fifty two	Shehun dule
53	Fifty three	Shehun set
54	Fifty four	Shehun net
55	Fifty five	Shehun dasot
56	Fifty six	Shehun yosot
57	Fifty seven	Shehun il gob
58	Fifty eight	Shehun yo dul
59	Fifty nine	Shehun ahop
60	Sixty	Yesun
61	Sixty one	Yesun hana
62	Sixty two	Yesun dule
63	Sixty three	Yesun set
64	Sixty four	Yesun net
65	Sixty five	Yesun dasot
66	Sixty six	Yesun yosot
67	Sixty seven	Yesun il gob
68	Sixty eight	Yesun yo dul
69	Sixty nine	Yesun ahop
70	Seventy	Ilhun
71	Seventy one	Ilhun hana
72	Seventy two	Ilhun dule
73	Seventy three	Ilhun set
74	Seventy four	Ilhun net
75	Seventy five	Ilhun dasot
76	Seventy six	Ilhun yosot
77	Seventy seven	Ilhun il gob
78	Seventy eight	Ilhun yo dul
79	Seventy nine	Ilhun ahop
80	Eighty	Yodun
81	Eighty one	Yodun hana
82	Eighty two	Yodun dule
83	Eighty three	Yodun set
84	Eighty four	Yodun net
85	Eighty five	Yodun dasot
86	Eighty six	Yodun yosot
87	Eighty seven	Yodun il gob
88	Eighty eight	Yodun yo dul
89	Eighty nine	Yodun ahop
90	Ninety	Ahun
91	Ninety one	Ahun hana
92	Ninety two	Ahun dule
93	Ninety three	Ahun set
94	Ninety four	Ahun net
95	Ninety five	Ahun dasot
96	Ninety six	Ahun yosot
97	Ninety seven	Ahun il gob
98	Ninety eight	Ahun yo dul
99	Ninety nine	Ahun ahop
100	One Hundred	Bak

Korean Ordinal Numbers:

J.W. KIM TAE KWON DO

ORDINAL NUMBERS

1st:	Il
2nd:	Yi
3rd:	Sam
4th:	Sa
5th:	Oh
6th:	Yuk
7th:	Chil
8th:	Pal
9th:	Goo
10th:	Ship

Korean Terminology

J.W. KIM TAE KWON DO

BAR CHAGIE (Basic kicks)

GYORUGY JAZAE (Fighting Stance)

Podo Oligui	Rising Leg/Rising Kick
Ap Chaggie	Front Kick
Pique Chaggie	Roundhouse Kick
Yop Chaggie	Side Kick
Bacat Chaggie	Crescent Kick to Outside
An Chaggie	Crescent Kick to Inside
Tchigo Chaggie	Axe Kick
Dolio Chaggie	High Roundhouse Kick
Mido Chaggie	Push Kick
Ti Chaggie	Back Kick
Ti Dolio Chaggie	Spinning Hook Kick
Timio Ti Chaggie	Jumping Back Kick
Timio Ti Dolio Chaggie	Jumping Spinning Hook Kick
Naraban Chaggie	Butterfly Kick

KIBON DON JAK (Basic stances and hand techniques)

NARANI (Shoulder Stance)

AP KUBI (Front Stance)	
Arae Makki	Low Block
Monton Thirugui	Middle Punch
Orgule Makki	High Block
Pyonsoncut Seuo Thirugie	Middle Target Spear Finger Strike
Jebipoom Moc Chiggie	Palm Rising Block with Neck Strike
Dung Jumoc Ap Chiggie	Front Back Fist Strike
Palgub Dolio Chiggie	Elbow Strike
Palgub Chiggie	Elbow Strike to Palm
Orgule Bacat Makki	High Outer Block
Batanson Monton Makki	Palm Middle Block
Kawe Makki	Scissor Block
Hecho Makki	Spread Block
Utgoro Makki	Low "X" Block
Waysantul Makki	Mountain Block
Tuc Chiggie	Chin Strike/Upper Cut

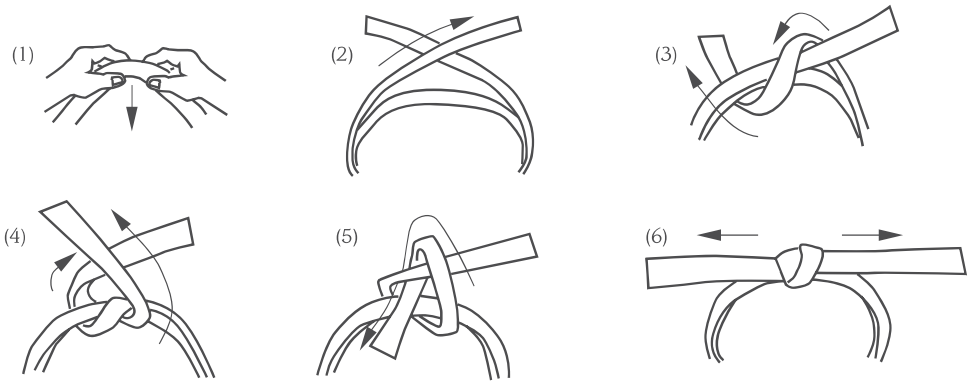
ABSOGI (Walking Stance)	
Jebipoom Hansonal Moc Chiggie	Knife Hand Neck Strike

TUI KUBI (Back Stance)	
Sonal Godolo Makki	Double Knife Hand Middle Block
Hansonal Monton Makki	Single Knife Hand Middle Block
Bacat Palmoc Makki	Outer Arm Middle Block
An Palmoc Makki	Inner Arm Middle Block
Sonal Arae Makki	Double Knife Hand Low Block
Godolo Bacat Makki	Double Fist Middle Block
Godolo Bacat Arae Makki	Double Fist Low Block

BOOMSOGI (Tiger Stance)	
Bantanson Monton Makki	Palm Middle Block
Monton Makki	Middle Block
Dung Jucmoc Ap Chiggie	Front Back Fist Strike

10th Gup	White Belt	Purity – No knowledge of Taekwondo
9th Gup	Yellow Belt	Sunrise – Opening to receive knowledge
8th Gup	Orange Belt	Sunset – Promise of a better tomorrow
7th Gup	Green Belt	Plant – Growth
6th Gup	Purple Belt	Power – The royal color of majesty
5th Gup	Blue Belt	Sky – Unlimited boundaries
4th Gup	Red Belt	Fire – Caution
3rd Gup	High Red Belt	Volcano – Fire creating Earth
2nd Gup	Brown Belt	Earth – Solid like mountains
1st Gup	High Brown Belt	Maturity – Ready to face responsibility
1st Dan	Black Belt	Completion of a life cycle and a beginning of a new life

How to Tie a Belt:



The table below shows the minimum amount of time and number of classes required to be eligible to test. This applies to all students unless they are enrolled in a private lesson program or receive permission from Master Kim.

CURRENT BELT COLOR	TIME	CLASSES
White	Not specified	Not specified
Yellow	2 months	20 classes
Orange	2 months	20 classes
Green	3 months	30 classes
Purple	3 months	30 classes
Blue	4 months	40 classes
Red	4 months	40 classes
High Red	5 months	50 classes
Brown	6 months	50 classes
High Brown	6 months	Not specified

Students in the Little Dragons' and Children's programs will earn stripes towards their next belt. Stripes prove to be a good way to help our younger students set intermediate goals and understand that one cannot always jump immediately to "the big prize." Many times it is important to set smaller goals along the way to achieving a larger goal. The stripe system also helps students understand what they need to know and what a reasonable amount of time is to learn and develop an intimate understanding of their curriculum. Students of all belt colors from white to brown will need to earn four stripes of their next color belt in order to test for their next rank.

In addition to the four colored stripes, students will need to earn white stripes. White stripes are earned based on merit. Students can earn white stripes for a variety of behaviors including, but not limited to, working hard, exceptional discipline and respect, or setting a positive example outside of the Dojang. White belts are not required to earn white stripes. Yellow, orange, green, and purple belts need to earn at least one white stripe. Students who are blue, red, high red, or brown belts need to earn at least two white stripes to test.

The first page of each section in the manual will provide a table showing what students (Little Dragons and Children) need to know and approximately how many classes they need to attend to earn each stripe. Instructors retain the right to promote students more quickly or slowly than described based on a variety of factors including behavior, effort, skill level, and private lessons.