



WELCOME

TO THE J.K.KANG'S TAE KWON DO FAMILY!

STUDENT'S RULES

1. Arrive early and immediately change into uniform.
2. Shoes should be removed prior to entering the training area.
3. No jewelry is to be worn during training.
4. Your uniform must be neat, clean, and odor free.
5. Students must obey and show respect toward instructor; always address him as "sir".
6. All students should show respect and consideration toward each other.

CHILDREN'S HOME RULES

* Children should:

1. Be obedient to their parents.
2. Respect parents, family members, teacher and peers.
3. Appreciate their parents and teacher.
4. Do their homework and not rely on their parents or others.
5. Not lie or say bad words and always be honest and use nice words.
6. Always keep themselves clean.
7. Study and train hard so they can be healthy and successful in life.
8. Sleep early and wake up early.
9. Eat what is good for them and not complain.
10. Not interrupt adult conversations.

THE ATTITUDE OF THE STUDENTS

1. The student must strive for a complete understanding of all aspects of Tae kwon do.
2. Regardless of circumstances, the student will follow the rules of etiquette and be an example for others to follow at home, school, or in any other social function.
3. The students will neither be arrogant or complacent, and under no circumstances will a student use Tae kwon do techniques against others without good reason.
4. The students will have the goal of being "Warriors of Wisdom" they will demonstrate courage and control of their minds and bodies.
5. In order to develop a strong competitive attitude, the instructors will set the example to follow.
6. The students will dedicate themselves to the popularization of Tae kwon do.

THE STUDENT'S OATH

1. I realize what the spirit of Tae kwon do represents and I will obey the instructions of the teachers placed above me.
2. I will demonstrate the spirit of Tae kwon do within my daily life and will have a strong sense of justice.
3. I will to the best of my ability, try to develop my mind and body and will keep faith in my fellow students.
4. I will obey my parents, volunteer dedicated service to my country, and will strive to be a productive member of society.

SCHOOL RULES

1. Keep training hall clean.
2. Keep uniform neat and clean.
3. No smoking.
4. No alcohol.
5. Respect each other.
6. Be silent.

The Tae Kwon Do Official Terminology

Count:

Hana (one)
Dool (two)
Set (three)
Net (four)
Da-Sut (five)
Yuh-Sut (six)
IL-Gop (seven)
Yeo-Deul (eight)
Ah-Hop (nine)
Yeol (ten)

Kwan-Jang-Nim (master). **Sa-Bum-Nim** (instructor). **Jo-Kyo-Nim** (asst.instructor).
Charyot (attention). **Kyung-Rae** (bow). **Junbi** (ready). **Kyu-Reu-Gi** (sparring).
Shi-Jak (start). **Geu-Man** (stop). **Gal-Lyo** (separate). **Gae-Sok** (continue).
Baro (return to ready). **Do-Jang** (training hall). **Do-Bok** (uniform).
Ju-Muck (fist). **Sohn-Nahl** (knife-hand). **Poom-Se** (formation).
Tae-Geuk (name of formation). **Pal-Guae** (name of formation). **Mahk-Gi** (block).
Gong-Gyuk (attack). **Cha-Gi** (kick). **Ji-ru-gi** (punch).

An-nyong-hs-se-yo (how are you). **Gam-sa-ham-ni-da** (thank you).
Chun-man-ae-yo (you welcome).