



Walter Martial Arts Tae Kwon Do: School Rules and Vocabulary

Tae Kwon Do: *A Korean martial art, which requires the use of only the hands and feet, without weapons. The main goal of Tae Kwon Do is to achieve total mind and body control.*

<u>Aims to Achieve</u> ^[1] _[SEP]	<u>Theory of Power</u> ^[1] _[SEP]
* Courtesy	* Speed
* Perseverance	* Concentration
* Self-Control	* Reaction Force
* Integrity	* Equilibrium
* Indomitable Spirit	* Breath Control

School Rules:

1.	Students must bow to the flags, when entering or leaving the Do-chang.
2.	Students must always respect and obey all instructors.
3.	Students must use the word "sir" or "ma'am" when speaking to instructors.
4.	When the head instructor enters the Do-chang, the highest-ranking belt must call the class to attention and have the class bow.
5.	There should be no unnecessary conversation in the Do-chang.
6.	When a student must leave the Do-chang during training, he or she must first receive permission from an instructor.
7.	Students must keep the Do-chang clean.

Basic School Language:

	Head Instructor- Sah-bum-nim		One- Ha-na
	Attention- Cha-ryot		Two- Dul
	Bow- Kyung-nae		Three- Set
	Ready- Jhoon-bee		Four- Net
	Begin- Shi-jak		Five- Da-sut
	Stop- Ko-man		Six- Ya-sut
	At ease- Shee-ut		Seven- il-gop
	Form- Hyung		Eight- Ya-dul
	Tae kwon do school- Do-chang		Nine- Ah-op
	Uniform- Do-bok		Ten- Yul

