

Information for Grading Study

Tenets of Tae Kwon-Do

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

Tae Kwon-Do Oath

*As a student of Tae Kwon-Do I do solemnly pledge,
To abide by the rules and regulations of the Tae Kwon-Do association,
To strive always to be modest, courteous and respectful,
To all members, in particular my seniors,
To put the art into use only for self defence,
Or in defence of the weak,
And never to abuse my knowledge of the art.*

Foundation of Tae Kwon-Do

Tae Kwon-Do was officially recognised on : 11th April 1955.
Father and founder of Tae Kwon-Do : Grandmaster General Choi Hong Hi - 9th Dan

Meaning of Belt Colours

- White** - Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.
- Yellow** - Signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is laid.
- Green** - Signifies the plants growth as Tae Kwon-Do skills begin to develop.
- Blue** - Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
- Red** - Signifies Danger, cautioning the student to exercise control, and warning the opponent to stay away.
- Black** - Opposite to white, Therefore, signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearers imperviousness to darkness and fear.

Class Conduct

1. Upon entering / leaving the Dojang - Bow.
2. Students late in attending a class will be required to perform 10 pressups at the entrance of the training hall followed by bowing to the Instructor at the front of the class.
3. No Talking while the class is in progress.
4. No Smoking, Eating or Drinking in Class.
5. No unnecessary noise in class.

Principles in Tae Kwon-Do

Reaction Force
Concentration of Power
Speed
Equilibrium
Breath Control
*To these five basic principles
can be added - Accuracy*