

Classes: Mondays 6.30 to 7.30 -Children , 7.30 pm to 8.30 pm- adults at Kilmersdon Village Hall.; Fridays 7.00 to 8.00 -Children , 8.00 pm to 9.00 pm- adults at Writhlington Sports Centre. **Students not training twice a week may not be eligible to grade as often as those training twice weekly. Grading is at the absolute discretion of the instructors.**

The Foundation of Taekwondo. The art of Tae Kkwon Do was founded in South Korea on APRIL 11th 1955 following extensive research and development by the founder MAJOR CHOI HONG HI (9th Degree Black Belt). It was introduced into this country in 1976 by MASTER REE KI HA.

Tae Kwon Do is the Korean art of unarmed combat involving the skilled application of punches, kicks, blocks, dodges and interception with the hands and feet to the rapid destruction of the opponent. Today, with violence and intimidation, Tae Kwon Do enables the weak to possess a way of defending him/herself in a situation and when applied correctly it can prove a lifesaver.

'Tae' literally means to jump, kick or smash with the foot.

'Kwon' means a fist, to punch or destroy with the hand or fist.

'Do' means art, way or method.

5 Tenets: A tenet is a principle in which a person believes and tries to maintain. The following tenets are those we embody in our training and try to follow in everyday life.

Courtesy: To be polite to ones instructors, seniors and fellow students.

Integrity: To be honest with oneself, to be able to define right and wrong and make appropriate choices.

Perserverance: To achieve any goal, whether a higher grade or improved technique, you must not stop trying.

Self Control: Taekwondo techniques are powerful and if applied in temper can be catastrophic.

Indomitable Spirit: Never give in, always stand by your principles despite any weight of opposition.

Black Belts: 6th Tenet of their own choosing-something they need to improve on.

Meaning of Belt colour.

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 being laid.

Green: Signifies the plants growth as Tae Kwon Do skills develop.

Blue: Signifies the heaven towards which the plant matures into a towering tree as training progresses.

Red: Signifies danger, cautioning the opponent to stay away and the student to exercise control.

Black: Is opposite to white, therefore signifying the maturity and proficiency in Tae Kwon Do. It also indicates the wearer's imperviousness to darkness and fear.

Patterns: Patterns or tul form a large part of the basics learned in Tae Kwon Do. A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. This allows students to practice techniques in a controlled manner, and master the body movement, balance and positioning to achieve maximum power in the technique.

Chon Ji literally means the "Heaven and 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. The pattern consists of two similar parts – one to represent Heaven and the other the Earth.

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Do San is the pseudonym of the patriot An Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and it's independent movement.

Won Hyo was the noted monk who introduced Buddhism into the Silla dynasty in the year 686AD

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584AD) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on the 38^o latitude and the diagram represents the scholar.

Joong Gun is named after the patriot An Joong-Gun who assassinated Hiro Bumo Iti, the Japanese governor general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed in the Lui –Shung prison (1910).

Toi Gye is the penname of the noted scholar Yi Hwang (16th century A.D.) an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on the 37^o latitude, the diagram represents the scholar.

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla dynasty about 600 A.D. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry Division where tae Kwon Do developed into maturity.

Choong Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

<https://www.nationalschooltaekwondo.com/>

Videos: <http://northwalestaekwondo.com/new/NWpatternvideos.html>

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