



School Rules

1. Bow to the Instructor when entering and leaving the Do Jang (gymnasium)
2. Bow when entering and leaving the Do jang
3. Respect all higher belts, especially the Instructor (answer with Sir or Mam)
4. Have a clean uniform at all times, and folded neatly when leaving class
5. Maintain discipline, know the tenets of Tae Kwon Do and the student creed
6. Telephone if you will be late or unable to attend class
7. No food, chewing gum or alcohol will be allowed in the Do jang. Refrain from drug abuse
8. No profanity, no loud talking, and no horseplay
9. Do not face the instructor when tying your belt
10. Do not teach without the Instructor's permission
11. Report all injuries to the Instructor
12. Do not try any techniques until the Instructor has shown' them to you
13. Anyone not following these rules will be reduced in rank

Student Creed

1. To build ourselves physically and mentally
2. To build friendship with one another
and to be a strong group
3. Never fight to achieve selfish ends,
but to develop might for right

The True Student

1. Loyalty to the school & Instructor
2. Good martial art attitude
3. Student harmony
4. Good attendance
5. Clean technique

Tenets of Tae Kwon Do

Courtesy
Integrity
Perseverance
Self-control
Indomitable Spirit

Counting in Korean

| | |
|------------|------------|
| Hana---1 | Yoset----6 |
| Duhl----2 | Ilgob----7 |
| Set ---- 3 | Yodul---8 |
| Net ----4 | Ahup----9 |
| Dasut---5 | Yuhl----10 |

Korean Terminology



English Definition

| | |
|-------------------------------|----------------------|
| Kwan Jang Nim | Master Instructor |
| Sa Beom Nim | Instructor |
| Cha Ryot | Attention |
| Kyung-Nae | Bow |
| Jhoon Bi | Ready Stance |
| Shi Jack | Begin |
| KiHap | Yell |
| Kuman | Stop |
| Diro Dora | Turn Around |
| Baro | Back to Ready Stance |
| Do Bok | Uniform |
| An Young Ha Shim Neeka | Hi How are You? |
| An Young E K Ship Sheeo | Good Bye |
| Kam Sa Ham Ne Da | Thank You |