

Taekwondo Handbook of Etiquette

University of Michigan Taekwondo Club

GENERAL DOJANG RULES

1. Show respect to fellow students. Address higher-ranking members and instructors as “sir” or “ma’am”.
2. Bow when entering and exiting the dojang.
3. Remove watches, jewelry, and other accessories before practice.
4. Face away from instructors when adjusting your uniform.
5. Uniforms must be worn to every practice, with the exception of Sunday practice.
6. Do not touch the mirrors.
7. If you are feeling ill, notify an instructor before leaving the room.
8. Keep in mind that warm-ups is a time for preparation and should be taken seriously.

KOREAN TERMINOLOGY

Basics:

Yell (<i>Ki Yap</i>)	Attention (<i>Chahr Yeot</i>)
Bow (<i>Gyeong Nae</i>)	Ready Position (<i>Joon Bi</i>)
At Ease (<i>Shi Yoh</i>)	Back to Ready Position (<i>Bah Roh</i>)
Turn Around (<i>Dwi Roh Doh Rah</i>)	Thank You (<i>Gahm Sa Hahm Nida</i>)

Numerical Systems:

Numbers	Formal (1st, 2nd, etc.)	Informal (1, 2, etc.)
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1	<i>Il</i>	<i>Hah Na</i>
2	<i>Ee</i>	<i>Dool</i>
3	<i>Sahm</i>	<i>Set</i>
4	<i>Sah</i>	<i>Net</i>
5	<i>Oh</i>	<i>Dah Suht</i>
6	<i>Yook</i>	<i>Yah Suht</i>
7	<i>Chil</i>	<i>Il Geop</i>
8	<i>Pahl</i>	<i>Yeoh Deol</i>
9	<i>Goo</i>	<i>A Hop</i>
10	<i>Ship</i>	<i>Yeol</i>

Sparring:

Chest Guard (<i>Ho Goo</i>)	Begin (<i>Shi Jak</i>)	Penalty (<i>Kahm Jang</i>)
Warning (<i>Kyeong Go</i>)	Continue (<i>Kae Sohk</i>)	Stop (<i>Keu Mahn</i>)

POOMSE (FORMS)

Belt Rank	Poomse (Forms) Requirement
White	Taegeuk Il Jang
Yellow	Taegeuk Ee Jang, Taegeuk Sahm Jang
Green	Taegeuk Sah Jang, Taegeuk Oh Jang
Blue	Taegeuk Yook Jang, Taegeuk Chil Jang
Red	Taegeuk Pahl Jang, Nohai
Red-Black	Koryeo, Chang Gwan

BELT TEST REQUIREMENTS (MID-SEMESTER)

Belt Rank	Stances	Strikes	Blocks	Kicks
Yellow	Back	Out-To-In Knife Hand	Middle-Section Guarding Block	---
Green	---	Knife Hand	Low-Section Guarding Block	---
Blue	---	High-Section Fingertip	Push Block	Hook Kick
Red	---	Low-Section Fingertip	---	---
Red-Black	---	---	---	---

BELT TEST REQUIREMENTS (END OF SEMESTER)

Belt Rank	Attendance	Board Break
White	1 class/week	Axe Kick or Side Kick (1 board)
Yellow	1.5 classes/week	---
Green	1.5 classes/week	---
Blue	2 classes/week	Advanced Hand/Kick Technique (1 board)
Red	2 classes/week	---
Red-Black	2.5 classes/week	Power Technique (3 board) or Aerial Technique (1 board)

Belt Rank	Stances	Strikes	Blocks	Kicks
White	Chahr Yeot, Joon Bi, Front Stance, Walking Stance	Middle Punch, High Punch	Down Block, Out-To-In Middle Block, High Block	Front Kick, Round Kick (Fast Kick, Padachagi), Ax Kick (Crescent), Side Kick
Yellow	---	Back Fist	In-To-Out Middle Block	Round Kick (Double), Back Kick
Green	---	Middle-Section Fingertip	Inside Middle Block	Front Kick (Push), Round Kick (Narabam), Side Kick (Cut), Back Kick (Counter)
Blue	Cat	---	X-Block (Low/High Section)	Round Kick (Reverse Narabam), Spinning Hook Kick
Red	---	---	---	Spinning Hook Kick (Jumping)
Red-Black	---	---	---	---