

## **THE LANGUAGE OF TAE KWON DO:**

### **NUMBERS:**

One (Hana), Two ( Tdool), Three (Set), Four (Net), Five (Dasut), Six (Yosut), Seven (Ill-gope) Eight (Yo-dull), Nine (Ah-hope), Ten (Yoll), Eleven (Yoll-Hana), Twelve (Yoll-Tdool), Twenty (Sumal), Thirty (Sorun), Forty (Mahoon), Fifty (Sane), Sixty (Yaysoon), Seventy (Ilhoon), Eighty (Yodoon), Ninety (Ahoon), One Hundred (Beck)

### **TRAINING TERMS:**

Attention (Cha-de -ut), Bow ( Kyung Yet), Ready Position ( June Bee), Begin (She-jacque), Uniform (Doe Boek), Belt (Dee), Training Room (DoJang), Korean Flag (KuKi), Empty Hand Power (Tae Kwon Do), Instructor (SaBumNeem), Certain Victory (Pil Sung), Yell (Ki Up), Form (Hyung), Kick (Cha Gi), Front Kick (Up Cha Gi), Side Kick (Yup Cha Gi), Round House (Do Yo Cha Gi), Punch (Kong Kyuck), Block (Mahk Kee)

### **EXPRESSIONS:**

How are you? (Annyoung ha shim neeka)  
My name is \_\_\_\_\_. (Cho nun \_\_\_\_ im needa) I'm glad to meet you. (Pangap soom needa) Thank you (Kam sa mee da)  
Good-bye (Ann Young) Please come in (Oso shipshio) Continue (Kay Soke)  
Excuse me (Shil lay ham needa)  
Yes (Nay) No (Anyo) Sit down to peers (Anjue sayo) Sit down to children or close friends (An Jo) Please sit to elders ( Anjue shipshio) America (Mee-guke)  
Korean (Han-guke)

*\*ETO has attempted to provide the correct phonetic representation for each word.*

## **THE FORBIDDEN QUESTION:**

“When can I test for my next belt?” is the forbidden question at ETO. Originally in Martial Arts, there were only two belt colors, white & black.. A student remained a white belt until his instructor felt he had perfected himself enough in mind, body & spirit to receive the high honor of black belt. When the arts were introduced to the Western world, the rainbow of belt colors was added to motivate. ETO students should focus on the art, NOT the color around their waist. Promotion is determined by individual performance and discipline. Each student is allowed to grow and advance at his/her own ability.

### **RESPECT SYMBOL OF BELT COLORS:**

**White** = Seed, purity of innocence

**Yellow** = Earth, plant sprouts with roots

**Orange** = Sun, nourishment to the plant

**Green** = Growth, skill continues to develop

**Purple** = Water, essential for plant's life

**Blue** = Heaven, plant matures into tree

**Brown** = Strength, wood & branches

**Red** = Danger, cautions student to exercise control & warns the opponent to stay away

**Black** = Opposite of white, maturity and proficiency in the martial arts; the Black Belt is imperious to darkness and fear

## **ETO LAWS OF RESPECT:**

### **SELF:**

- ETO practice is a strenuous sport and good physical fitness is a necessity.
- Practice away from the DoJang is expected.
- DO NOT attempt to learn forms or teach forms without permission from the head instructor.
- Pay attention in class and do not interrupt instruction.
- Good Hygiene is important! Keep nails trimmed and your uniform clean!
- Jewelry should not be worn during class. (Only exception- wedding bands)

### **OTHERS:**

- ETO students are humble and courteous. They do not criticize other styles of martial arts or instructors.
- Students line up by belt rank in class formation at the beginning and end of class. The senior belt among the students with the same rank is the person who obtained the rank first. If two people achieved the rank at the same time, then seniority is determined by length of study or chronological age.
- Students turn away from the instructor or opponent to adjust the uniform.
- Students will answer Yes/No Sir or Yes/No Ma'am to all instructors.
- In all practice, emphasis is placed on control, form, and light contact. Remember, “Control is never having to say you're sorry.”

### **DOJANG:**

- If tardy to class, ask instructor's permission to begin. If leaving class early, get permission first.
- If you bring a guest to class or any ETO event, always introduce guest to the instructor.
- Bowing is the customary greeting of respect to all instructors and students both inside and outside the DoJang, even in street attire.
- Silence is golden. No loud talking is permitted in the DoJang. Be especially quiet during class changes.
- No profanity and no smoking is allowed!!
- No gum/candy, or food on the work out floor
- Keeping both the inside and the outside of the DoJang free from trash and properly store equipment after use.