

- Taekwon-do is a Korean martial art with unarmed arms and legs.
- Taekwon-wa officially created In 1955 by gen. Choi Hong Hi.
- **ITF** – International Taekwon-do Federation was created in 1966

5 tenets of Taekwon-do

- Courtesy
- Integrity
- Perseverance
- Self control
- Indomitable spirit

TAE – kicking, jumping, smashing with a foot

KWON– punching, smashing with a hand

DO – philosophy, way of life

Basic stances and hand techniques

- Narani junbi sogi – parallel stance (width of the arms, both legs straight, feet parallel, fists in 7cm from the bellybutton, 5cm from each other)
- Gunnun sogi – walking stance (width of the arms, length equals 150% of the arms width, front leg slightly bent, back leg straight)
- Nuinja sogi – L stance (feet like letter L, length equals 150% of the arms width, toes of the front leg lined up with the heel of the back leg, back knee over the toes, front knee over the heel, body weight 70% back to 30% front)
- Ap joomok jirugi – front fist punch
- Palmok najunde maki – low outer forearm block
- Sonkal najunde maki – lob knife hand block
- An palmok kaunde maki – middle inner forearm block
- Palmok daebi maki – guarding block executed in L stance

Basic leg techniques

- Ap cha oligi – straight leg upwards (stretching exercise)
- Golcho oligi – straight leg outwards in a circular motion (stretching exercise)
- Ap cha bushigi (ap chagi) – front piercing kick
- Dollyo chagi – round kick (roundhouse)
- Yop cha jirugi (yop chagi) – side kick
- Twimyo ap cha bushigi (twimyo ap chagi) flying front kick
- Twimyo dollyo chagi – flying round kick
- Twimyo yop cha jirugi (twimyo yop chagi) – flying side kick

Advancement degrees

There are 10 student's degrees (cup) and 9 masters degrees (DAN)

- 10 cup – white belt (innocence, lack of experience)
- 9 cup – white belt, yellow stripe
- 8 cup – yellow belt (soil, in which a root is planted, like TKD in a student)
- 7 cup – yellow belt, green stripe
- 6 cup – green belt (a plant growing along with the student's abilities)
- 5 cup – green belt, blue stripe
- 4 cup – blue belt (a sky, towards which the plant is growing even higher, as are the student's abilities)
- 3 cup – blue belt, yellow stripe
- 2 cup – red belt (red is a warning colour, informing of the student's dangerous skills)
- 1 cup – red belt, black stripe
- I-IX DAN – black belt (maturity and experience in TKD)

Official titles of TKD practitioners:

- Higher student's grade – sonbe-nim (older fellow)
- I-III DAN – bosabum-nim (junior instructor)
- IV-VI DAN – sabum-nim (instructor)
- VII-VIII DAN – sahyun-nim (master)
- IX DAN – saesong-nim (grandmaster)

By:

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