



THEORY OF POWER

Reaction Force
 Concentration
 Equilibrium
 Breath Control
 Speed
 Mass

COMPOSITION OF TAE KWON DO

Basic Techniques
 Forms
 Sparring
 Breaking
 Attitude

TAE KWON DO TERMS

<u>General Terminology</u>	<u>Commands</u>	<u>Counting:</u>	<u>Taeguk Symbols:</u>
Guk-ki :Flag Dojang : Gymnasuim Dobok : Uniform Poomse : Forms Gyoorogi : Sparring Hosinsool : Self Defense Kyukpa : Breaking	Charyot : Attention Kyung-ne : Bow Joon-bi : Ready position Si-jak : Start or begin Gu-mahn : Stop Kalyeo : Break Kae-sok : Continue Barro : Back to Ready	Hana : One Dul : Two Set : Three Net : Four Dasot : Five Yasot : Six El-gub : Seven Yo-dol : Eight Ahob : Nine Yul : Ten	Il Jang : heaven, light Ee Jang : joy Sam Jang : fire, sun Sah Jang : thunder Oh Jang : wind Yuk Jang : water Chil Jang : mountain Pal Jang : earth