



The TAGB Committee

Master David Oliver	Chairman
Master Michael Dew	Vice Chairman
Master Paul Donnelly	Liaison Officer
Master Ron Sergiew	Treasurer
Master Don Atkins	Secretary
Master Kenny Walton	National Coach
Master Brian Towndrow	Committee Member
Master Gianni Peros	Committee Member

Give a brief history of Tae Kwon-Do

Tae Kwon-Do is an ancient form of unarmed combat practiced for many centuries in Korea. It became perfected in its present form by Major General Choi Hong Hi (1918 – 2002) and has been scientifically developed and modernised since its introduction to the world on the 11th April 1955. Translated from Korean, Tae means to jump, kick or smash with the foot, Kwon means to punch, strike or destroy with the hand and Do is art, method or way. It is proven to be the most powerful system of self-defence ever devised. To the Korean people, Tae Kwon-Do is more than a mere use of skilled movements. It also promotes a way of life with a strong sway towards the more philosophical side, particularly instilling a concept and spirit of self-imposed discipline and an ideal of noble moral re-armament. In these days of violence and intimidation which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend themselves and when strongly applied can become very dangerous.

Tae Kwon-Do was introduced into Great Britain in 1967 by Rhee Ki Ha.

What is Taek Kyon?

Taekyon or Taek Kyon is a traditional Korean martial art, stemming from Soobak, which was first practiced in Korea during the Koguryo Dynasty (37 BC – AD 668). It spread to the Silla kingdom and became the bare-handed way of fighting of the Hwarang.

At the height of its popularity even the king practiced taek kyon and matches were frequent. However, the next king outlawed taek kyon matches, disillusioned by the gambling which took place around them (where people would gamble away their wives and houses), thus making it purely a military art. Soobak eventually separated into different segments – grappling, kicking etc. Taek kyon being one such segment. Taek kyon movements are very fluid and dance-like with the practitioners constantly moving. It does not have the hard-snap kicks of Tae Kwon-Do but a softer way of generating power.

General Choi Hong Hi

General Choi Hong-Hi, born 9th November 1918; 15th June 2002.

Born in what is now North Korea when it was under Japanese occupation, Choi fled to Japan to complete his education after a wrestler was set on his trail following a gambling dispute. In 1942, he was drafted into the Japanese army, but was





imprisoned for attempting to escape to join the opposition Korean Liberation Army in 1945. Only the liberation of Korea saved him from the death penalty. After the war, the division of Korea between North and South left him unable to return to his land of birth. He rose quickly in the new South Korean army and, two years after the outbreak of the Korean war in 1950, he created an officer training programme and an infantry division that provided Tae Kwon-Do instructors. After the cessation of hostilities in 1953 his rise continued, and in 1961 he supported the military coup d'etat, but suffered a setback when General Park Hung-Hee emerged as the new president. In the late 1940's, Park had received a death sentence, later rescinded, from a military panel that had included Choi, who was thus forced to retire from the military following the coup. In 1962, he was sent to Malaysia as ambassador, but after his return to South Korea in 1965 he continued to find life under the Park regime so intolerable that in 1972 he left for Canada. Choi took the headquarters of the ITF to Toronto with him, and South Korea responded by forming a new organisation, the World Tae Kwon-Do Federation (WTF), based in Seoul. Choi's final years were marked by his efforts to return to North Korea. He introduced Tae Kwon-Do there in 1980.

Tae Kwon-Do Oath

As a student of Tae Kwon-Do, I do solemnly pledge to abide by the rules and regulations of the Tae Kwon-Do Association, to strive always to be modest, courteous and respectful to all members, in particular my seniors, to put the art into use only for self-defence or defence of the weak and never abuse my knowledge of the art.

Key Dates

11 th April 1955	Tae Kwon-Do inaugurated
2 nd July 1967	Tae Kwon-Do introduced to GB
21 st August 1983	TAGB Formed
21 st April 1988	BTC Formed
13 th November 1993	Tae Kwon-Do International Formed

Tenets of Tae Kwon-Do

Courtesy (Ye Ui)	To be polite to your instructors, seniors and fellow students
Integrity (Yom Chi)	To be honest with yourself. You must be able to define right from wrong.
Perseverance (In Nae)	To achieve a goal, whether it is a higher grade or any technique, you must not stop trying; you must persevere.
Self-Control (Guk Gi)	To lose your temper when performing techniques against an opponent can be very dangerous and shows lack of control.
Indomitable Spirit (Baekjul Boolgool)	To show courage, when you and your principles are pitted against overwhelming odds.





What is a pattern?

A set of fundamental movements, mainly attack and defence, set in a logical sequence against one or more imaginary opponents.

Why do we perform patterns?

To learn sparring techniques, stances, correct facing, improve facing, improve posture, focus movement, body shifting, breath control, muscle toning, learn to relax and tense muscles at correct timing and practice other techniques that are not possible in other areas of training.

Why do we learn interpretations of patterns?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration.

Why are there 24 patterns?

The reason there are 24 patterns in Tae Kwon-Do is because the founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth, and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gaining immortality. Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says;

*“Here I leave Tae Kwon-Do for mankind. As a trace of a man of the late 20th century
The 24 patterns, one day or all of my life”.*

Can you explain the Theory of Power?

Reaction Force	Pulling the opposite arm back in co-ordination with the strike creates a reaction force.
Concentration	Applying impact force onto the smallest target area.
Equilibrium	Use reaction arm for dynamic stability to keep the body balanced.
Breath Control	Tense the abdomen to breathe out on impact.
Mass	Use hip twist and knee spring to increase body weight.
Speed	The most essential factor for power, however all the other factors contribute to speed.

Why do we Kihap?

Correct breath control will not only improve one’s stamina and speed but will also focus the power of the technique. Correct breathing in martial arts is performed using the diaphragm. A sharp exhaling of breath during movement, with a sudden stop on impact of technique tenses the abdomen and maximises power and effort of delivery. The breathing technique used in Tae Kwon-Do is called kihap or shout. Although called a shout, be careful not to use the vocal cords instead of the diaphragm, otherwise all benefits will be lost.





Korean Translations

Attention	Charyot
Bow	Kyong-Ye
Ready	Junbi
Shout	Kihap
Start / Begin	Si-Jak
Stop	Goman
Return to Ready	Barrol
Dismiss	Haessan
Forward	Apro Kaggi
Backwards	Dwiyro Kaggi
About Turn	Dwiryro Torro
Left	Wen
Right	Orun
Inward	Anaero
Outward	Bakaero
Break	Hechyo
Press Ups	Momtong Bachia
Training Hall	Dojang
Training Suit	Dobok
Belt	Ti
Pattern	Tul
Instructor	Sabum
Student	Jeja

Numbers

One	Hanna
Two	Dool
Three	Set
Four	Net
Five	Dasaul
Six	Yosaul
Seven	Ilgop
Eight	Yodoll
Nine	Ahop
Ten	Yoll