

Important people



Founder of TaeKwon-Do
General Choi Hong Hi
1918 - 2002



First Grandmaster Rhee Ki Ha
Brought TaeKwon-Do to the UK

태권도

Oath

INTERNATIONAL TAEKWON-DO OATH

I shall observe the tenets of Taekwon-Do
I shall respect the Instructors and Seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.



Did you know...

TaeKwon-Do was made out of several forms of combat practised for many centuries in Korea.



Translated from the Korean

Tae means to jump, kick or smash with the foot.

Kwon means to punch, strike or smash with the fist.

Do means art, method, or way. In short it is the most powerful system of self-defence ever devised.





The Dojang The training hall

Bow - when you enter and leave, and to your instructor, when you line up train and when stop training

Children - must not leave the Dojang for any reason without their grown up or instructor

Being friendly - say hello to other students

Learn the oath - we say the oath at the start of every class

Eating and drinking - remember your waterbottle. Students can bring water but there is no eating or drinking when you have your Dobok (training clothes) on (unless you have special permission).

Giving and taking - use both hands to hand things to others, and to receive them.

How to address your instructor - National and assistant instructors (1st to 3rd Dan black belts) are called Bo Sabum. For example, Bo Sabum Jackson. International instructors (with black stripes on their Dobok arms and legs) are Sabum. For example, Sabum Dobson.

Masters (7th and 8th dan blackbelts) are Sahyun and Grandmaster 9th Dan is Saseong

Don't worry if you forget something perfectly fine.

We love you to ask questions - it shows interest and curiosity.

