



Huddersfield TaeKwon Do Academy

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General Choi Hong Hi 1918 - 2002



First Grandmaster Rhee Ki Ha



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.

General introduction

Taekwon-Do was developed from a version of an ancient form of unarmed combat practised for many centuries in Korea. It became perfected to its present form by General Choi Hong Hi, who was for many years head of the unarmed combat division of the Republic of Korea Armed Forces. It has been scientifically developed and modernised by the ITF since its first introduction to the world on 11th April 1955.

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.

To the Korean people Taekwon-Do is more than a mere use of skilled movements. It also implies a way of life with a strong sway toward the more philosophical side, particularly in 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 plague our modern society, Taekwon-Do enables the weak to possess a fine weapon with which to defend themselves. However, when wrongly applied, it can also be very dangerous.

CONDUCT IN THE DOJANG

- Bow upon entering and leaving the Dojang at all times.
- Bow to the Instructor at a proper distance.
- Exchange greetings between students.
- Bow to the instructor upon forming a line.
- Recite the International Taekwon-Do Oath prior to training.
- Bow to the Instructor prior to dismissal.
- Do not eat, drink, or smoke whilst wearing your Dobok unless prior permission to do so has been granted by the Instructor.
- Do not speak unnecessarily before or during a session.
- Always hand objects to the Instructor with both hands.
- Always address Instructors and black belts according to level
 - National/assistant instructor, Dans I-III - Bo Sabum
 - International Instructor IV -VI Dan (with black stripes on Dobok)- Sabum
 - Master VII and VIII - Sahyun
 - Grandmaster IX - Saseong
 - Some may prefer Sir or Ma'am

Children

- Must not leave the Dojang for any reason without accompaniment of DBS registered instructor, or (preferably) their parent or guardian.
- Are encouraged to do their best to focus but above all have fun. Instructors are accessible supportive and kind teachers who wish students to enjoy their training and do their best.
- If too tired or unable to train for any reason it is fine to sit and watch others but not to disrupt the lesson. If there is too much disruption the instructor may ask a parent/guardian to look after them in a separate room until they are more settled.
- Parents/guardians must notify one of the above named instructors if they are taking their child/ children before the end of a lesson.

Useful Websites;

www.aetf.taekwondo.cz

www.itftkd.org