

ESOTERIC ABBREVIATIONS

The student should familiarize himself with these abbreviations as they are the shorthand of Karate writing. It is extremely difficult to comprehend written instructions if there is still a struggle with terminology. The KWANMUKAN Practitioner is expected to read abbreviated terminology fluently in order that he might take advantage of the vast amount of written material available on his style.

HAND ATTACKS

Close Punch.....CPunch
Double Punch.....DBLPunch
Hook Punch.....HPunch
Jab.....JABPunch
Lunge Punch.....LPunch
Reverse Punch.....RPunch
Straight Punch.....STPunch
Vertical Punch.....VTPunch
Palm Heel Punch.....PHPunch
Upper Cut Punch.....UCPunch

BLOCKING

Descending Block....DBlock
Rising Block.....RBlock
Cross Arm Block....CABlock
Pressing Block.....PRBlock
Sweeping Block.....SWBlock
Circle Block.....CRBlock
Net Block.....NBlock
X Block.....XBlock
Grasping Block.....GRBlock
Roundhouse Block....RDHBlock
Jamming Block.....JMBlock
Guiding Block.....GBlock
Hand Cover Block....HCOVBlock
Double Block.....DBLBlock

KICKS

Front Kick.....FRTKick
Roundhouse Kick....RDHKick
Side Kick.....SKick
Crescent Kick.....CKick
Back Kick.....BKick
Turning Kick.....TKick
Stamping Kick.....STKick
Sweeping Kick.....SWKick
Wheel Kick.....WKick

STANCES

Front Stance.....FRTStance
Back Stance.....BStance
Horse Stance.....HStance
Immovable Stance...IStance
Free Fighting St....FFStance
Fixed Stance.....FXStance

GENERAL DESCRIPTIONS

Open Hand.....OPHand
Knife Hand.....KHand
Palm Heel.....PH
Back Fist.....BFist
Fore Fist.....FFist
Bottom Fist.....BOTFist
Middle Knuckle Fist.....MKFist
Spear Hand.....SPHand
2 Finger Spear Hand.....2FSPHand
Ridge Hand.....RHand
Inner Forearm.....INFArm
Outer Forearm.....OFArm
Back Forearm.....BFArm
High Section.....HS
Middle Section.....MS
Low Section.....LS
Inside.....IN
Outside.....OUT
Backward.....BKD
Forward.....FWD
Upward.....UP
Cross.....CR
Circular.....CIR
Round.....RD
Right.....RT
Left.....LFT
Reverse.....RV
Jump.....JP
Double.....DBL

TAE KWON DO TERMINOLOGY

1. Sah-bum	Instructor, Head Instructor
2. Do-Jang	Practice Place
3. Do-Bok	Uniform
4. Kup	Grade Under Black Belt
5. Dan	Degree Black Belt
6. Cha-Ryut	Attention
7. Kyung-Re	Bow
8. Joon-Bee	Ready
9. Si-Jak	Begin
10. Ku-Mahn	Stop
11. Shee-Yo	Rest
12. Ha-Dan	Mid-Section of the Body
13. Joong-Dan	Mid-Section of the Body
14. Sang-Dan	High Section of the body
15. Mak-Kee	Block or Defense
16. Kong-Kyuk	Attack or Offense
17. Jung-Kwon	Fist Knife Hand
18. Soo-Do	Natural Stance
19. Ja-Yon-Se	Horse Riding Stance
20. Ki-Ma-Se	Forward Stance
21. Chon-Gool-Se	Back Stance
22. Hoo-Gool-Se	Front Kick
23. Ap-Cha-Gee	Side Kick
24. Yup-Cla-Gee	Roundhouse Kick
25. Doll-o-Cha-Gee	Sparring
26. Dae-Ryun	Free Sparring
27. Ja-You Dae-Ryun	One Step Sparring
28. Il-Bo-Dae-Ryun	Two Step Sparring
29. Yi-Bo Dae Ryun	Three Step Sparring
30. San-Bo Dae Ryun	One
31. Ha-Na	Two
32. Dool	Three
33. Sit	Four
34. Net	Five
35. Da-Sul	Six
36. Yo-Sul	Seven
37. Il.Vop.	Eight
38. Yo-Sul	Nine
39. Ah-Kop	Ten
40. Yo	

* Note: Head Instructor is addressed as SIR or Sah-Bum-Nim
 Other Instructors or Black Belts addressed as SIR or MR. _____
 (Maam or Miss & Mrs., Ms., etc.)

BASIC MOTIONS - (KI CHOE TONG CHOHK)

1. Kima Jase Pal Po Ki - Basic punching
2. Jungdan Kongkyuk - Attacking middle part of body
3. Sangdan Kongkyuk - Attacking upper part of body
4. Hadan Kongkyuk - Attacking lower part of body
5. Yuk Jin Jungdan Kongkyuk - Reverse attack to middle body
6. Yuk Jin Sangdan Kongkyuk - Reverse attack to upper body
7. Hadan Makki - Defending lower part of body
8. Sangdan Makki - Defending upper part of body
9. Ahnooro Jungdan Makki - Defending middle body with inward motion
10. Pahkooro Jungdan Makki - Defending middle body with outward motion
11. Jungdan Hweng Jin Kongkyuk - Attacking middle body with side punch
12. Sangsoo Hadan Makki - Defending lower body with both fists
13. Sangsoo Sangdan Makki - Defending upper body with both fists
14. Sangsoo Jungdan Yup Makki - Defending middle body with both fists
15. Soodo Hadan Makki Hugul - Defending lower body with knife hand, back stance
16. Soodo Jungdan Makki Hugul - Defending middle body with knife hand, back stance
17. Soodo Sangdan Makki Hugul - Defending upper body with knife hand, back stance
18. Sangsoo Jungdan Yup Makki Hugul - Defending middle body with both hands, back stance
19. Pahkooro Jungdan Makki Hugul - Defending middle body with outward motion back stance
20. Yuk Jin Jungdan Kongkyuk Hugul - Reverse attack to middle body, back stance
21. Yuk Jin Sangdan Kongkyuk Hugul - Reverse attack to upper body, back stance
22. Kwan Soo Kongkyuk - Piercing middle part of body with finger tips
23. Paliup Jungdan Kongkyuk - Elbow attack to middle body
24. Paliup Sangdan Kongkyuk - Elbow attack to upper body
25. Soodo Sangdan Kongkyuk - Attack upper body with chop
26. Yuksco Sangdan Kongkyuk - Attack upper body with ridge hand chop
27. Ap Puto Chagi - Front stretch kick
28. Ap Chagi - Front snap kick
29. Ap Tulki chagi - front thrust kick
30. Tollyo Chagi - Roundhouse kick
31. Tollyo palttung Chagi - Roundhouse instep kick
32. Twit Yup Chagi - Spinning side kick
33. Twit Mal Chagi - Spinning back kick
34. Yup Puto Chagi - Side stretch kick
35. Yup Chagi - Side snap kick
36. Yup Tulki Chagi - Side thrust kick
37. Pandal Chagi - Crescent kick
38. Yi-dan Ap Chagi - Front jump kick
39. Yi-Dan Yup Chagi - Side jump kick
40. Yi-dan Tollyo Chagi - Roundhouse jump kick
41. Yi-dan Twit Chagi - Jump pivot kick

ADDITIONAL BEGINNING TERMS:

1. Hadan - Lower body
2. Jungdan - Middle body
3. Sagdan - Upper body
4. Makki - Defense
5. Kongkyuk - Attack
6. Chariot - Attention
7. Kyung Yet - Bow or salute
8. Chun Si - Ready position
9. Ahn Jo - Sit
10. Muk Yum - Meditate
11. Toe Chang - Gym
12. Sah Bum - Instructor
13. Kuk Gi - National flag
14. Toe Balk - Training Suit
15. Dee - Belt
16. Je Ja - Pupil
17. Do Ra - Turn
18. Pa Ro - Return
19. Shi Chak - Begin
20. Ku Ryung - Cadence
21. Ku Ryung E Machoou - By order
22. You Dahn Cha - Degree holder
23. You Gup Cha - Class holder
24. Dan - Degree, "Black Belt"
25. Kip - Lower Class Belt
26. Chung Gee - Stop or Halt
27. Jung Shin Tong II - Concentration of mind or spirit
28. Shi Sun - Focus
29. Hu Ri - Waist
30. Hu Ri Tul Gi - Twisting waist
31. Noon - Eyes
32. Choo Muk - Fist
33. Pahl - Arm
34. Tah Ri - Leg
35. Sohn - Hand
36. Pal Coop - Elbow
37. Jung Kwan - Fore fist
38. Gap Kwan - Back fist
39. Soo Do - Knife hand
40. Yuk Soo - Ridge hand
41. Kwan Soo - Spear hand
42. Shee Hap - Competition
43. Yup - Side
44. Ap - Front
45. We - Up
46. Ah Ri - Down
47. Cha Gi - Kick
48. Dwi Gi - Jump
49. Puto - Stretch
50. Bahl - Foot
51. Moek - Neck
52. Moem - Body
53. Chun Gul Jase - Forward stance
54. Hu Gul Jase - Basic back stance
55. Kee Ma Jase - Horseback stance
56. Bahl Chaki - Kicking
57. Mao Rup - Knee
58. Bahl Ro Mahkee - Blocking with foot
59. Ki Hap - Yell
60. Hio - Power
61. Hoo Jin - Backward

TANG SOO DO FORMS (HYUNGS)

1. Giecho Hyung Ul Bu - Basic Form #1
2. Giecho Hyung Yi Bu - Basic Form #2
3. Giecho Hyung Sahm Bu - Basic Form #3
4. Pyingahn Cho Dan - Pyang Form #1
5. Pyingahn Yi Dan - Pyang Form #2
6. Pyingahn Sahm Dan - Pyang Form #3
7. Pyingahn Sah Dan - Pyang Form #4
8. Pyingahn Ge Dan - Pyang Form #5
9. Bassayi - Bassayi Form
10. Nai ahn Chi Cho Dan - Nai ahn Chi Form #1
11. Nai ahn Chi Yi Dan - Nai ahn Chi Form #2
12. Nai ahn Chi Dahm Dan - Nai ahn Chi Form #3
13. Jinto - Jinto Form
14. Ship Soo - Ship Soo Form

KUP CLASSES & DAN DEGREES

- | | | | |
|-----|-----------------------|---|-------------|
| 1. | Ship Kup - 10th Class |) | Gold Belt |
| 2. | Gu Kup - 9th class |) | |
| 3. | Pal Kup - 8th class |) | Blue Belt |
| 4. | Chil Kup - 7th class |) | |
| 5. | Yuk Kup - 6th class |) | Green Belt |
| 6. | Oe Kup - 5th class |) | |
| 7. | Sah Kup - 4th class |) | Purple Belt |
| 8. | Sahm Kup - 3rd class |) | |
| 9. | Yi Kup - 2nd class |) | Brown Belt |
| 10. | Cho Kup - 1st class |) | |

- | | | | |
|-----|------------------------|---|--------------|
| 1. | Cho Dan - 1st Degree |) | Jr. Expert |
| 2. | Yi Dan - 2nd degree |) | |
| 3. | Sahm Dan - 3rd Degree |) | Expert |
| 4. | Sah Dan - 4th Degree |) | |
| 5. | Oe Dan - 5th Degree |) | Master |
| 6. | Yuk Dan - 6th Degree |) | |
| 7. | Chil Dan - 7th Degree |) | |
| 8. | Pal Dan - 8th Degree |) | |
| 9. | Gu Dan - 9th Degree |) | Grand Master |
| 10. | Ship Dan - 10th Degree |) | |

FIGHTING DRILLS

- | | | |
|----|----------------------------------|---------------------------------------|
| 1. | Sahm Soo Shik Dae Ryun | Fundamental 3 step semi-free fighting |
| 2. | II Soo Shik Dae Ryun | Advanced 1 step semi-free fighting |
| 3. | Cha Yu Dae Ryun | Free fighting |

BASIC MOTION JAPANESE

VOWELS

- A - ah
- E - "a" as in bay
- I - "e" as in me
- O - "o" as in don't
- U - "u" as in full or pull

Two vowels together are pronounced separately: Rei = (ray-e)

Two consonants together are both pronounced with a little pause between the two: Tekki = (te-k-ki)

The syllables are pronounced with an even stress -- no accent.

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- | | | |
|-----|---|--|
| 1. | KARATE (Kah-rah-tay)----- | Empty handed |
| 2. | DO ----- | The way, path or approach |
| 3. | KARATEDO ----- | The Way of Karate |
| 4. | BUDO ----- | Way of the Martial Arts |
| 5. | SENSEI ----- | Instructor: Teacher |
| 6. | DOJO ----- | Training Hall |
| 7. | REI ----- | Bow |
| | SHOMEN NI REI ----- | Bow to the Front |
| | SENSEI NI REI ----- | Bow to the Instructor |
| | OTAGAI NI REI ----- | Bow to Each Other |
| 8. | CHOKURITSU REI ----- | Standing Bow |
| 9. | SEIZA REI ----- | Seated Bow |
| 10. | SENSEI, ONAGAI ITASHIMUS ----- | Instructor, Show Me the Way |
| 11. | SENSEI, TAIHEN ARIGATO
GOZIMASHITA ----- | Instructor, Thank You Very Much |
| 12. | SEIRETSU ----- | Command to line-up for opening Rei |
| 13. | HAI ----- | Yes; OK, OK, Let's go |
| 14. | MODOTTE (mo-do-t-te)----- | A command for returning to Original Position |
| 15. | MOKUSOH----- | Meditation or Quiet Contemplation |
| 16. | NARANDE ----- | Line-up |
| 17. | WAZA ----- | Technique |
| 18. | HAGIME ----- | Begin |
| 19. | YAME----- | Stop |
| 20. | YASUME OR NAOTTE----- | Rest or Relax |
| 21. | MIGI ----- | Right |
| 22. | HIDARI----- | Left |
| 23. | MAE ----- | Front |
| 24. | YOKO ----- | Side |
| 25. | USHIRO ----- | Back |
| 26. | UKE ----- | Block |
| 27. | TSUKI----- | Punch |
| 28. | UCHI ----- | Strike |
| 29. | ATE ----- | Smashing techniques of elbow & knee |
-
- | | | |
|------------|-------|-----------------|
| | | COUNTING |
| One ----- | ----- | ICHI (i-chi) |
| Two ----- | ----- | NI (ni) |
| Three----- | ----- | SAN (sa-n) |
| Four ----- | ----- | SHI (shi) |
| Five----- | ----- | GO (go) |
| Six ----- | ----- | ROKU (ro-ku) |
| Seven----- | ----- | SHICHI(shi-chi) |
| Eight----- | ----- | HACHI (ha-chi) |
| Nine ----- | ----- | KU (ku) |
| Ten ----- | ----- | JU (ju-u) |

BASIC MOTION JAPANESE (cont'd)

30.	ENPI -----	Elbow
31.	GERI or KERI -----	Kick
32.	JODAN -----	Head Area
33.	CHUDAN -----	Chest Area
34.	GEDAN -----	Groin Area
35.	DACHI -----	Stance
36.	KUMITE -----	Sparring
37.	JUNBI UNDO -----	Warm-Up Exercises
38.	JIYA KUMITE -----	Free Sparring
39.	IPPON KUMITE -----	One Attack Sparring
40.	JIYA IPPON KUMITE -----	One Attack Free Sparring
41.	GOHAN KUMITE -----	Five Attack Sparring
42.	MAE NI (ma-e-ni)-----	Command to Advance Forward
43.	USHIRO NI -----	" to Step Backward
44.	MODOTTE-----	" Return to Starting Position
45.	KIME-----	Focusing Technique
46.	KATA NO KEIKO (ka-ta-no-ke-i-ko)---	Form Exercises
47.	GOODOO GATA -----	Students perform Kata in unison
48.	KOHIN GATA -----	An individual Kata performed by an Advanced Student
49.	HAYAKU (ha-ya-ku)-----	Command to move with speed
50.	YOWAKU (yo-wa-ku)-----	" to release strong tension from movement or move lightly
51.	YUKKURI (yu-k-ku-ri)-----	Command to move more slowly
52.	KIAI (ki-a-i)-----	" to let out a sound at the moment of KIME to aid in the tensioning of body muscles and focusing of the mind for a more effective KIME

STANCES

HEISOKU DACHI-----	Natural
HACHIJI DACHI-----	Informal Attention
KIBA DACHI-----	Straddle
SHIKO DACHI-----	90 Degree
ZENKUTSU DACHI-----	Forward
NEKO ASHI DACHI-----	Cat

PUNCHES AND STRIKES

SONOBA TSUKI-----	Basic Punch
OI TSUKI-----	Lunge Punch
GYAKU TSUKI-----	Reverse Punch
SONOBA SHUTO UCHI----	Knifehand

BLOCKS

UCHI UDE UKE-----	Inside
SOTO UDE UKE-----	Outside
AGE UKE-----	Rising
GEDAN BARAI-----	Downward
SHUTO UKE-----	Knifehand

KICKS

MAE GERI-----	Front
YOKO GERI-----	Side
USHIRO GERI-----	Back
MAWASHI GERI-----	Roundhouse
MIKAZUKI GERI-----	Crescent
MAWASHI YOKO GERI----	Swing Side
FUMI DASHI YOKO GERI-	Crossover Side

GLOSSARY OF JAPANESE TERMS

ALPHABETICAL ORDER

Ashi	-----	Leg
Barai	-----	Sweep
Chugaer	-----	Forward Summersault
Dojo	-----	Exercise Hall
Dan	-----	Black Belt Holder
Eri	-----	Lapel or Collar
Goshi	-----	Hip or Loin Waist
Guruma	-----	Wheel
Gyaku	-----	Reverse
Hiza	-----	Knee
Hantai	-----	Decision or Reverse
Hadari	-----	Left
Hon	-----	Natural
Hikiwake	-----	Draw
Harai	-----	Sweep
Hajime	-----	Start or go
Hadaka	-----	Naked
Hara	-----	Abdomen
Hasami	-----	Scissors
Henka	-----	Variation
Ippon	-----	One Point
Judo	-----	Art of Gentleness
Judoka	-----	A Judo Player
Judogi	-----	A judo uniform
Jigotai	-----	Defensive posture
Jikan	-----	Time
Kodakan	-----	Tokyo Institute of Judo
Kata	-----	Form Practice or Shoulder
Kuzushi	-----	Position of Broken Balance
Take	-----	Execution of Throw
Kiai	-----	Occult Shout
Kesa	-----	Scarf
Ko	-----	Small or Minor
Kyu	-----	Grade Below Dan
Kuzure	-----	Broken or Breakdown
Kubi	-----	Neck
Kami	-----	Top or Upper Part
Kogeki	-----	Attack
Koshi	-----	Hip - Loin - Waist
Magi	-----	Right
Mailla	-----	I'm beaten
Mata	-----	Thigh
Makikowi	-----	Roll in or winding
Montei	-----	Disciple or Pupil
Morote	-----	Both hands
Mate	-----	Wait
Newaza	-----	Groundwork
Nage	-----	Throw
O	-----	Big or Great

GLOSSARY OF JAPANESE TERMS (cont'd)

Obi -----	Belt or Sash
Osoto -----	Outer
Osaekomi -----	Holding
Osaekomi - Toketa -----	Hold Broken
Rei -----	Bow
Randori -----	Free Practice
Sensei -----	Teacher
Sore Made -----	Stop, That is all
Sono-Mama -----	Stop, Freeze
Shizentai -----	Natural Posture
Sasae -----	Prop or Support
Seoi -----	Carry on the Shoulder
Shibori -----	Strangle or Choke
Shime -----	Choke
Shime Waza -----	Art of Choking Tech.
Shisei -----	Posture
Shizen Hontai -----	Fundamental Natural Posture
Sode -----	Sleeve
Sumi -----	Corner
Sutemi Waza -----	Technique of Sacrifice Throws
Sutemi -----	Sacrifice
Te -----	Hand
Tai -----	Body
Tsugi -----	Succeeding or Following
Tori -----	One Performing the throw
Tsukuri -----	Fitting Oneself into Opponent
Tsurikowi -----	Lift pull
Tandoku Renshu -----	Practicing throws without a partner
Tachi Waza -----	Technique of throwing from a standing position
Tsugiashi -----	Following foot method of movement
Tate -----	Lengthwise
Ukemi -----	Art of Falling or break falls
Uke -----	The One Taking the Falls
Uchi -----	Inner
Uchikomi -----	Practice up to point of throwing
Ura -----	Rear-Opposite-Reverse
Ushiro -----	Rear-Back
Ude -----	Arm
Waza -----	Technique
Waza-Ari -----	Half Point
Wanryoku -----	Use of Strength
Yama -----	Mountain
Yoko -----	Side

VOCABULARY (cont'd)

COMBINATIONS

UCHI UDE UKE, GYAKU TSUKI-----Inside Block, Reverse Punch
SOTO UDE UKE, GYAKU TSUKI-----Outside Block, Reverse Punch
AGE UKE, GYAKU TSUKI-----Rising Block, Reverse Punch
GEDAN BARAI, GYAKU TSUKI-----Downward Block, Reverse Punch

CALLING SEQUENCE

STANCE - BLOCK - CONTACT AREA - PUNCH

SHIKO DACHI - SOTO UDE UKE - CHUDAN - GYAKU TSUKI
(90 degree) (Outside block) (Chest) (Reverse Punch)

JAPAN
RANK IN JUDO

Gokyu -----		White Belt
Yon -----		Green Belt
Sankyu -----	3rd Degree-----	Brown Belt
Nikyu -----	2nd Degree-----	Brown Belt
Ikkyu -----	1st degree -----	Brown belt
Shodan -----	1st degree -----	Black belt
Nidan -----	2nd degree -----	black belt
Sandan -----	3rd degree -----	Black belt
YoDan -----	4th degree -----	Black belt
Godan -----	5th degree -----	Black belt
Rokudan -----	6th degree -----	Red and White or Black
Shichdan -----	7th degree -----	Red and White or black
Hachidan -----	8th degree -----	Red and White or black
Kudan -----	9th degree -----	Red or Black
Judan -----	10th degree -----	Red or Black Belt
Juichidan-----	11th degree -----	Red or Black Belt
Junidan -----	12th degree -----	Wide White or Black
Shidan-----	DOCTOR -----	Wide White or Black

Six degree Black Belt is also called "Professor."

RULES OF ETIQUETTE FOR TAE KWON DO

Tae Kwon Do is the study of mental discipline demonstrated through the development of a good mind and attitude. Without this objective, skill in Tae Kwon Do has little value. Your basic attitude is of the greatest importance. The following rules are set forth for study.

1. A good Tae Kwon Do student should display polite, respectful, manners at all times, In the presence of Master Instructor, your parents, a lady and elders, proper respect is a must.
Examples:
 - a. Always open the doors for them.
 - b. Always rise when they enter the room, or if they should join your table when dining.
 - c. When guiding them you should walk in front and show them the way, otherwise, if just walking together you should remain beside or behind them.
 - d. When traveling, such as in an automobile, you should always offer them the most comfortable, and respectable seat, usually the front seat.
 - e. As a Tae Kwon Do student, it is your responsibility for these individuals comfort and convenience.
2. When introductions are necessary, always introduce the individual of highest rank, or highest social position first.

GYMNASIUM BEHAVIOR:

1. When entering and leaving any door to the school, a respectful bow should be made, as should also be made when entering or leaving the practice area.
2. Remove shoes and take them with you.
3. Greet the Master Instructor upon entering and bid him good-bye.
4. Wear clean uniforms, make sure they are worn properly and any emblems are in proper positions.
5. Remove all jewelry, keep nails clipped. Personal cleanliness shall be upheld.
6. It is your responsibility to keep changing rooms clean.
7. If you should arrive late to class, change your uniform and remain at a position behind the class until it is convenient to the instructor, then bow and ask permission to enter the class.
8. Respect is shown at all times toward the instructor. Students shall show respect for each other.
9. Always observe rank seniority. Suggestions or questions must first pass through the senior student present before going to the Master Instructor.
10. Never free spar without supervision or permission.
11. Always display proper respect when addressing the Master Instructor. Stand with feet together and reply "Yes, Sir" or "No, Sir."
12. Always address black belts and instructors as SIR or MR. _____.
13. Use both hands when receiving and handing any article to the Master Instructor or senior. Always watch and listen carefully when the Master Instructor is speaking.
14. During class, control is required. Therefore, loss of temper shall be avoided.

Rules of Etiquette for Tae Kwon Do (cont'd)

- 15. A serious demeanor is necessary during class. Avoid talking, laughing and joking, as concentration is of the utmost importance.
- 16. No horseplay, no chewing gum, and no profanity in the gymnasium.
- 17. Smoking is only permitted in lounge or outside.
- 18. Permission must be obtained from the instructor to leave class early.

In consideration of all the rules of behavior it is also necessary to remember that in case of problems or questions we are all a family. The highest ranks are your older brothers and sisters, and the Master Instructor is as your father. In turn it is the high ranks responsibility to protect and care for lower ranks and children at all times, as if they were your own brothers and sisters.

CENTRAL TAE KWON DO ASSOCIATION PROMOTION REGULATIONS

All tests and certifications of Dan (degrees) and Kup (grades) shall be conducted in accordance with the rules and regulations of the Central Tae Kwon Do Association. The tests generally are held in Akron, Ohio at the main branch of the Akron Karate Center.

Promotion fees will be paid before the test. The present fee for the grade of yellow belt is \$25.00. Testing fees decrease for higher grades.

Promotion applicants must have attendance records certified by the instructor. Generally, three (3) months in practice are required between tests. Twice a week is sufficient but three times a week is considered 100% activity.

Note: Testing for the rank of yellow to blue is approximately 2 months; for green and above is 3 months.

Grades start at 10 and decrease to Black Belt. Colored belt grades are as follows:

10 & 9	Yellow belt
8 & 7	Blue Belt
6 & 5	Green Belt
4 & 3	Purple Belt
2 & 1	Brown Belt

The present requirement for yellow grade 10 is one step sparring, demonstration of kicking skills, and performance of Taikyoku I. At higher grades, breaking wood and writing a paper may be required besides performance of hyung and sparring.

Testing is based on performance, attitude, concentration, power, speed, balance, and technique. The participants record in tournament competition is also taken into consideration in the higher grades.

(See chapter on Testing)

FOUR VOWS OF A BODHISATTVA

- I Resolve to become enlightened for the sake of all living beings
- I will cut the roots of all delusive passions.
- I will penetrate the farthest gate of Dharma
- I will realize the supreme way of Buddha.

THE TEN PRECEPTS

1. I will resolve not to kill but to cherish all life.
2. I resolve not to take what is not given but to respect the things of others.
3. I resolve not to engage in improper sexuality but to practice purity of mind and self-restraint.
4. I resolve not to lie but to speak the truth.
5. I resolve not to cause others to use liquors or drugs which confuse or weaken the mind, nor to do so myself.
6. I resolve not to speak of the misdeeds of others but to be understanding and sympathetic.
7. I resolve neither to praise myself nor to condemn others but to overcome my own shortcomings.
8. I resolve not to withhold spiritual or material aid but to give it freely where needed.
9. I resolve not to become angry but to exercise control.
10. I resolve not to revile the three treasures (i.e. the Buddha, the Dharma, and the Sangha) but to cherish and uphold them.

Note:

Dharma with a capital D means the universal Law, Truth, Buddhist doctrine, teachings of the Buddha.

Sangha means the community of those who follow the Dharma.

The Buddha refers to the historical Siddhartha Gotama, also called the Tathagata. Buddhism teaches that he was one of a long line of Buddhas, each the Teacher of humanity in his own world cycle, and will be succeeded by other Buddhas in subsequent epochs.