



## **RULES AND EXPECTATIONS OF THE ACADEMY**

1. Bow to the flags and instructor when entering or leaving do-jang.
2. Do not enter class late or leave early without permission.
3. Wear a clean uniform, trim your nails; clean hands and feet are important.
4. Loud conversation, laughing, chewing gum, and wearing jewelry have no place in Taekwondo training.
5. Assume the position of attention while speaking to the instructor or any black belt. Address them as sir or ma'am.
6. Any substitute teacher should be treated as you would your instructor.
7. Do not engage in any activities which might degrade the code of Taekwondo ethics or the Academy's reputation.
8. Students are expected to be courteous and understanding. They are expected to help fellow students whenever possible.
9. Students must have the approval of the Academy to enter any tournament, competition or demonstration.
10. Always keep an open mind and most importantly, have FUN.

## **TERMINOLOGY**

Attention – Cha-Ryut  
Bow – Kyung-Nae  
Ready – Joon-Be  
Start – Shi-Jock  
Stop – Go-Mahn  
Rest – She-Yuh  
Yell – Gi-Hop  
Thank You – Su-go  
Dismiss – Hae-Cho  
Continue – Geh-Sok  
Instructor – Sah-Bum-Nihm  
Resume Ready Stance – Bah-Row  
Turn – Dol-Rah  
Taekwondo School – Do-Jang

Uniform – Do-Bok  
Flag – Gook-Gi  
Front – Ap  
Back – Dwi  
Side – Yup  
Block – Mahk-Gi  
Kick – Cha-Gi  
Punch – Ji-Roo-Gi  
Patterns – Hyung, Poomsae  
Spar - Gyroogi  
Self-defense – Ho-Shin-Sul  
Blue - Chung  
Red - Hong

## **NUMBERS**

### *Cadence*

1. Hana
2. Dul
3. Set
4. Net
5. Dah-Sut
6. Yuh-Sut
7. Il-Gop
8. Yuh-Dul
9. Ah-Hope
10. Yuhl

### *Ranking Orders*

Il  
yi  
Sahm  
Sah  
Oh  
Yook  
Chil  
Par  
Goo  
Ship