

WOLF CUB TERMINOLOGY

- This information is for you to learn to the best of your ability, at home with the assistance of parents / guardians.
- Just say the words as they read.

Promotion from: White Belt to White Belt Green Stripe		WHITE → GREEN		
Counting				
1 - HANA	2 - DOOL	3 - SET	4 - NET	5 - TASUT
6 - YASUT	7 - ILGOP	8 - YAUDUL	9 - AHOP	10 - YAUL
Stances - SOGI				
Attention Stance	-	CHERIYOT SOGI		
Parallel Ready Stance	-	NARANI JUNBE SOGI		
Sitting Stance	-	ANNUN SOGI		
Walking Stance	-	GUNNUN SOGI		
General Terminology				
Block	-	MAKGI		
Punch	-	JIRUGI		
Stance	-	SOGI		
Kick	-	CHAGI		
Fore (Front)Fist	-	AP JOOMUK		
Front Kick	-	AP CHAGI		
General Information				
Q: What martial art do you do?		... A: ITF TAEKWON-DO		
Q: What federation are you a part of?		... A: MASTER WOLF'S TAEKWON-DO ACADEMIES		
Q: Who are your Instructors? ...		And Assistant Instructors ...		

Promotion from: White Belt Green Stripe to White Belt Blue Stripe		GREEN → BLUE		
Revise previous terminology.				
General Terminology				
Outer forearm	-	BAKAT PALMOK		
Turning Kick	-	DOLLYO CHAGI		
Four Directional Punching	-	SAJU JIRUGI		
Tae Kwon-Do				
Learn the spelling of 'Tae Kwon Do'!				
Sections				
Low Section	-	NAJUNDE (Below the belt)		
Middle Section	-	KAUNDE (From the belt to shoulder)		
High Section	-	NOPUNDE (Above the shoulder)		

Promotion from: White Belt Blue Stripe to White Belt Red Stripe		BLUE → RED		
Revise previous terminology.				
Counting				
1 - HANA	6 - YUSUT	11 - YAUL HANA	16 - YAUL YUSUT	
2 - DOOL	7 - ILGOP	12 - YAUL DOOL	17 - YAUL ILGOP	
3 - SET	8 - YAUDUL	13 - YAUL SET	18 - YAUL YAUDUL	
4 - NET	9 - AHOP	14 - YAUL NET	19 - YAUL AHOP	
5 - TASUT	10 - YAUL	15 - YAUL TASUT	20 - SAMAU	
Kicks - CHAGI				
Side Kick	-	YOP CHAGI		
TAE KWON DO				
a) SPELLING - Learn the spelling of 'Tae Kwon Do'!				
b) MEANING:				
TAE = To break or destroy with the FOOT				
KWON = To break or destroy with the HAND				
DO = The way of the ART, and being a good person				

Promotion from: White Belt Red Stripe to White Belt Black Stripe RED → BLACK	
1	SAJU JIRUGI – Four Directional Punching (This is NOT a pattern!)
2	<p>STANCES – Sogi</p> <p>ATTENTION STANCE – <i>CHERIYOT SOGI</i> Heels together, toes apart Hands form fists by your sides, approximately 45 degrees away from your body Left leg moves to form stance</p> <p>PARALLEL READY STANCE – <i>NARANI JUNBE SOGI</i> Feet shoulder width apart Both feet parallel Hands form fists in front of your belt</p> <p>SITTING STANCE – <i>ANNUN SOGI</i> Width = Feet 1 & a half times shoulder width apart Weight distribution = 50:50 Feet parallel</p> <p>WALKING STANCE – <i>GUNNUN SOGI</i> Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width Weight distribution = 50:50 Forward leg indicates whether it is a right or left stance</p>
3	<p>SECTIONS</p> <p>LOW SECTION <i>NAJUNDE</i> (Below the belt) MIDDLE SECTION <i>KAUNDE</i> (From the belt to shoulder) HIGH SECTION <i>NOPUNDE</i> (Above the shoulder)</p>
4	COUNTING – See Above
5	<p>TAE KWON DO</p> <p>c) SPELLING – Learn the spelling of 'Tae Kwon Do' d) MEANING:</p> <p>TAE = To break or destroy with the FOOT KWON = To break or destroy with the HAND DO = The way of the ART</p> <p>Basically 'the art of hand and foot fighting'</p>
6	<p>GENERAL TERMINOLOGY</p> <p>FOREFIST <i>AP JOOMUK</i> INNER FOREARM <i>AN PALMOK</i> OUTER FOREARM <i>BAKAT PALMOK</i> BLOCK <i>MAKGI</i> PUNCH <i>JIRUGI</i> STANCE <i>SOGI</i> FRONT LEG RAISE <i>AP CHA OLLYGE</i></p> <p>EXTRA INFO...</p> <p>TRAINING HALL DOJANG TRAINING UNIFORM DOBOK</p>
7	<p>MEANING OF THE COLOUR WHITE</p> <p>White signifies innocence as that of the beginner who has no previous knowledge of Taekwon-Do.</p>
8	<p>THE TENENTS OF TAEKWON-DO</p> <p>COURTESY <i>YE UI</i> INTEGRITY <i>YOM CHI</i> PERSISTANCE <i>IN NAE</i> SELF-CONTROL <i>GUK GI</i> INDOMITABLE SPIRIT <i>BAEKJUL BOOLGOOL</i></p>
9	<p>GENERAL INFORMATION</p> <ul style="list-style-type: none"> The founder of Taekwon-Do GENERAL CHOI HONG HI – 9th Dan The START date of Taekwon-Do is 11th April 1955 Taekwon-Do STARTED in SOUTH KOREA <p>You may be asked:</p> <ul style="list-style-type: none"> How you found out about Taekwon-Do / the club you train at Why you started training in Taekwon-Do