

Tae Kwon Do Yellow belt (9th gup) study guide

Terminology

Belt:	Dee	Begin/Start:	She Jahk
Ready Stance:	Joon Bee	Stop:	Geu Mahn
Return to Ready Stance:	Bah Roh	Bow:	KyungRea
About face	Tito dorah	Kick	Chaggi
Return to order	Ba ro	Jump	Dee uh
At ease	Shuh	Middle	June don
Retreat	Hoo tay	Upper	San don
Forward	Chun jin	Lower	Ha don
Free-sparring	Chayu daeryun	Front stance	Chongul ja sae
One step sparring	Il bo daeryun	Back stance	Hugul ja sae
Horseback stance	Kima ja sae	Kicking	Bal chaggi
Training hall	Do jang	X stance	Yi jung
Certain victory	Pil sung	Uniform	Do bak
Inside crescent	Ahn julyo chaggi	Outside crescent	Bakat hulyo chaggi
Energy or life force	Ki	You are welcome	Chun mon e yo
Thank you	Kahm se ham ni dah		

Counting

11	Yuhl Hana	12	Yuhl Dul
13	Yuhl Set	14	Yuhl Net
15	Yuhl Daset	16	Yuhl Yuhset
17	Yuhl Ilgop	18	Yuhl Yeoldeol
19	Yuhl Ahop	20	Soo Mul

Chon Ji (19 Movements) means literally “Heaven and Earth,” and is, in the orient interpreted as the creation of the world and the beginning of human history. Therefore, it is the initial pattern learned by the beginner. The pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

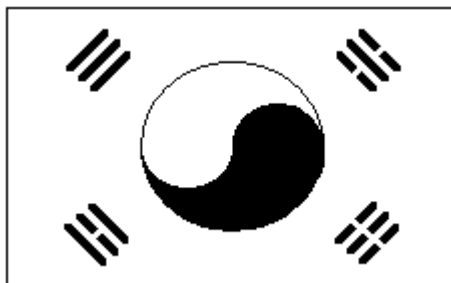
The Korean National Flag – Do not memorize the meaning, just have an understanding of the meaning.

The Korean flag symbolizes much of the thought, philosophy, and mysticism of the Orient. The symbol, and sometimes the flag itself, is called the “Tae Geug.”

Depicted on the flag is a circle, divided equally, and blocked in perfect balance. The upper section (red) represents the Yang; and the lower (blue) represents the Um, an ancient symbol of the Universe. The two opposites express the Dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus, and so on.

The central thought in Tae Geug indicates that where there is a constant movement within the sphere of infinity, there is also balance and harmony. For a simple example, kindness and cruelty may be taken into consideration. If parents are kind to a child, it is good, but they may spoil and weaken him, and thus lead him to become a vicious man and a source of disgrace to his ancestors.

Three bars at each corner also carry the ideas of opposition and balance. The three unbroken lines stand for heaven; the opposite three broken lines represent the earth. At the lower left hand of the flag are two lines with a broken line between. This symbolizes fire. The opposite is the symbol for water.



The United States of America Flag – Do not memorize the meaning, just have an understanding of the meaning.

The flag of the United States of America consists of 13 equal horizontal stripes of red (top and bottom) alternating with white, with a blue rectangle in the canton bearing 50 small, white, five-pointed stars arranged in nine offset horizontal rows of six stars (top and bottom) alternating with rows of five stars. The 50 stars on the flag represent the 50 U.S. states and the 13 stripes represent the original Thirteen Colonies that rebelled against the British Crown and became the first states in the Union. Nicknames for the flag include the stars and stripes, Old Glory, the American flag, and the star-spangled banner (also the name of the country's official national anthem).

The flag of the United States is one of the nation's widely recognized and used symbols. Within the U.S. it is frequently displayed, not only on public buildings, but on private residences, as well as iconically in forms such as decals for car windows, and clothing ornaments such as badges and lapel pins. Throughout the world it is used in public discourse to refer to the U.S., both as a nation state, government, and set of policies, but also as an ideology and set of ideas.

Many understand the flag to represent the freedoms and rights guaranteed in the U.S. Constitution and its Bill of Rights and perhaps most of all to be a symbol of individual and personal liberty as set forth in the Declaration of Independence. The flag is a complex and contentious symbol, around which emotions run high.

Apart from the numbers of stars and stripes representing the number of current and original states, respectively, and the union with its stars representing a constellation, there is no legally defined symbolism to the colors and shapes on the flag. However, folk theories and traditions abound; for example, that the stripes refer to rays of sunlight and that the stars refer to the heavens, the highest place that a person could aim to reach. Tradition holds that George Washington proclaimed: "We take the stars from Heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing Liberty."

