

Oneonta Taekwon-Do

12 South Main Street, Oneonta NY Tel. (607) 437-7866 Fax (866) 313-1401

School Motto

Improvement of mind and body
Ethical self-conduct
Unity among members

Taekwon-Do is a Korean unarmed martial art. It is not only kicking and punching but also a way of thinking and living. The main goal of Taekwon-Do is to achieve total mind and body control through training.

Tenets of Taekwon-Do

Courtesy.....Ye-Ui
Integrity.....Yom Chi
Perseverance.....In Nae
Self Control.....Guk Gi
Indomitable Spirit.....Beakjool Boolgool

Do Jang Rules:

1. Students must bow to the flags when entering and leaving the Do Jang
2. Students must bow to Sah-Bum-Nim upon greeting
3. Students must use the words "Sir" or "Ma'am" when speaking to black belt instructors
4. Students must attend classes regularly
5. Students keep the Do Jang clean

Basic Korean Language and Terminology:

Grand Master.....	Kwan-Jang-Nim	One.....	Hana
Instructor.....	Sah-Bum-Nim	Two.....	Dul
Taekwon-Do School..	Do-Jang	Three.....	Set
Attention.....	Cha-Ryut	Four.....	Net
Bow.....	Kyung-Net	Five.....	Da-Sut
Ready.....	Joon-Bee	Six.....	Ya-Sut
Begin.....	Shi-Jak	Seven.....	Il-Gop
Stop/Finish.....	Goh-Man	Eight.....	Yo-Dul
Pattern.....	Tul	Nine.....	Ah-Hop
Stance.....	Soh-Gi	Ten.....	Yul