

The American Flag



The flag of the United States of America was "born" on June 14th, 1777, and consists of thirteen equal horizontal stripes of red (top and bottom) alternating with white, with a field of blue in the canton bearing fifty white, five-pointed stars (called the Union). Whenever the flag is displayed, the Union is always on the flag's right side (the observer's left). The 13 stripes represent the original 13 colonies that founded the Union; the 50 stars represent the current 50 states. The red represents the blood spilled in defense of liberty, the white represents the nation's purity of purpose, and the blue signifies loyalty to the new Union. The American flag is also known as "the Stars and Stripes," "Red, White and Blue," "Old Glory," and "the Star Spangled Banner."

The Korean Flag



The flag of South Korea consists of three parts: a white background; a red and blue taeguk (a form of taijitu) in the center; and four black trigrams, one in each corner of the flag. The white background symbolizes "cleanliness of the people." The taeguk consists of the um (blue) and the yang (red), which together represent the harmony of opposites (and all things) within the universe. The configuration of the taeguk is taken from the I Ching, the Chinese Book of Change, representing a continuous movement within infinity (constant change). Finally, the four trigrams are also taken from the eight trigrams in the I Ching. The trigrams represent Heaven (three unbroken bars), Earth (three broken bars), Water (broken bars outside, solid inside), and Fire (solid bars outside, broken inside). The flag should always be displayed so that "Heaven" is in the top left, and "Earth" in the bottom right. The South Korean flag is called "Taegukgi."

Tenets of Taekwondo

(English)	(Korean)	
Courtesy	<i>Yahee</i>	Being considerate and polite in manners and behavior
Integrity	<i>Gumson</i>	Having a soundness of moral character, and being worthy of trust
Self-Control	<i>Cookgee</i>	Exercising mastery over personal conduct, and over physical and emotional reactions
Perseverance	<i>Inae</i>	Being resolved to a purpose and to continue a course of action despite all difficulties
Indomitable Spirit	<i>Bakjulbulkool</i>	Exhibiting a vitality and sense of self that can never be tarnished, subdued, or overcome

Regulations of the Hwarang Do

(English)	(Korean)	
Loyalty to Country	<i>Sa Kun li Choong</i>	Being a true patriot and supporter of the ideals of the country which shelters you
Loyalty to Family	<i>Sa Chin li Hyo</i>	Being true to you parents and teachers, brothers and sisters, in training and out
Trust and Brotherhood Among Friends	<i>Kyo Woo li Shin</i>	Fostering a sense of kinship and trust, knowing your friends will support you as you would support them
Courage Never to Surrender on the Battlefield	<i>Im Jeon Moo Tae</i>	Being determined to never give up, regardless of the battlefield or the odds
Justice Never to Take a Life Without Cause	<i>Sal Saeng Yoo Teak</i>	Having the compassion and understanding to abstain from taking a life except at the utmost need

General

<i>English</i>	<i>Korean</i>
Attention	Charyut
Bow	Kyungnae
Ready	Junbi
Begin	Shijak
Finish	Gueman
Shout	Kihap
Training Hall	Dojang
Taekwondo Uniform	Dobok
Relax	Sheut
Forms	Poomsae
Breaking	Busugi
Certain Victory	Pil Sung

Body Parts

<i>English</i>	<i>Korean</i>
Head	Muri
Forehead	Ima
Chin	Took
Mouth	Yip
Nose	Ko
Eyes	Nun
Ears	Gwi
Arm	Pal
Shoulder	Eokae
Elbow	Palkumchi
Hand	Son
Leg	Dari
Knee	Mureup
Foot	Bal
Chest	Gassum
Hips	Eongdeongi
Groin	Bulral
Solar Plexus	Myumchi

Sparring

<i>English</i>	<i>Korean</i>
Sparring	Gyarugi
Round 1	Il Wi Jun
Round 2	Li Wi Jun
Round 3	Sam Wi Jun
Break	Kalyeo
Continue	Kasuk

Numbers

<i>English</i>	<i>Korean</i>
One	Il (hana)
Two	Li (dul)
Three	Sam (set)
Four	Sa (net)
Five	Oh (dasot)
Six	Yuk (yasot)
Seven	Chil (ilgop)
Eight	Pal (yodolp)
Nine	Ku (ahop)
Ten	Ship (yol)
Twenty	Li-ship (sumul)
Thirty	Sam-ship (sorun)
Fourty	Sa-ship (mahun)
Fifty	Oh-ship (shween)
Sixty	Yuk-ship (yesun)
Seventy	Chil-ship (irun)
Eighty	Pal-ship (yodun)
Ninety	Ku-ship (ahun)
OneHundred	Baek
TwoHundred	li-baek
OneThousand	Cheon
TenThousand	Man
HundredThousand	Ship-man
Million	Baek-man
HundredMillion	Eok

Techniques

<i>English</i>	<i>Korean</i>
Horse Stance	Kimasae
Front Stance	Jungul Jasae (ap kubi)
Back Stance	Hugul Jasae (dwi kubi)
Low Block	Arae Makki
Middle Block	Jungdan Makki
High Block	Sungdan Makki
Punch	Jirugi
Knifehand	Sonnal
Knifehand Block	Sonnal Makki
Ridgehand	Yuksonnal
Spearhand	Kwonsu
Front Kick	Ap Chagi
Side Kick	Yap Chagi
Roundhouse Kick	Dolyo Chagi
Backspin Kick	Di Dolyo Chagi