



U.S. Olympic Festival – 1990



Il Keun Kim Tae Kwon Do Coordinator

RULES AND REGULATIONS

THE PURPOSE OF THESE RULES, WHICH HAVE BEEN AN INHERENT PART OF TAE KWON DO SINCE ITS INCEPTION, IS TO ENSURE MAXIMUM BENEFIT FROM THE STUDY OF TAE KWON DO.

1. BOW TO THE FLAG AND INSTRUCTOR WHEN ENTERING OR LEAVING THE GYM.
2. DO NOT ENTER CLASS LATE OR LEAVE EARLY WITHOUT PERMISSION.
3. LOUD CONVERSATION, LAUGHING, CHEWING GUM, WEARING WATCHES OR JEWELRY HAVE NO PLACE IN TAE KWON DO TRAINING.
4. WEAR A CLEAN UNIFORM, TRIM NAILS; CLEAN HEADS & FEET ARE IMPORTANT
5. DO NOT ENGAGE IN ANY ACTIVITIES WHICH MIGHT DEGRADE THE CODE OF TAE KWON DO ETHICS OR THE CENTER'S REPUTATION.
6. ASSUME THE POSITION OF ATTENTION WHILE SPEAKING TO THE INSTRUCTOR OR ANY BLACK BELT. USE WORDS OF CONSIDERATION SUCH AS: YES SIR, NO SIR, ETC.
7. STUDENTS ARE EXPECTED TO BE COURTEOUS AND UNDERSTANDING. THEY ARE ALSO EXPECTED TO HELP FELLOW STUDENTS WHENEVER POSSIBLE.
8. ANY SUBSTITUTE TEACHER SHOULD BE TREATED AS YOU WOULD YOUR INSTRUCTOR.
9. STUDENTS MUST HAVE THE APPROVAL OF THE CENTER TO ENTER ANY TOURNAMENT COMPETITION OR DEMONSTRATION.
10. DO NOT PARTICIPATE IN ANY ACTIVITIES HELD BY A SCHOOL OR CLUB OTHER THAN KIM'S TAE KWON DO CENTER, INC., AND AFFILIATED CLUBS WITHOUT PERMISSION OF THE INSTRUCTOR.

TAE GEUK PATTERNS (HYUNGS) – MEANINGS

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| 1. TAE GEUK IL JAONG -- Heaven and Light | 5. TAE GEUK OH JAONG -- Wind |
| 2. TAE GEUK YEE JAONG -- Joyfulness | 6. TAE GEUK YOOK JAONG -- Water |
| 3. TAE GEUK SAOM JAONG -- Fire and Sun | 7. TAE GEUK CHIL JAONG -- Mountain |
| 4. TAE GEUK SA JAONG -- Thunder | 8. TAE GEUK PAR JAONG -- Earth |

THE TENETS OF TAE KWON DO

1. **COURTESY:** Be polite to each other; encourage the sense of justice; respect your instructor and help junior students.
2. **INTEGRITY:** To know right from wrong and have the conscience, if wrong, to feel guilt.
3. **PERSEVERANCE:** To set a goal, e.g. higher rank, technique perfection, and work towards its achievement.
4. **SELF-CONTROL:** Both inside and outside the Do Jang, this is important, whether sparring or in one's personal affairs.
5. **UNDOMITABLE SPIRIT:** To have the courage of your principles against overwhelming opposition.