

HAE SAN MARTIAL ARTS ASSOCIATION

NATIONAL HEADQUARTERS

3282 Vineville Ave.; Macon, GA 31204; (478) 474-3500; www.haesan.org

TERMINOLOGY SUPPLEMENT

Tenets of Tae Kwon Do Code of Conduct

A] Etiquette	1. Be obedient to your parents
B] Modesty	2. Be honorable to your spouse
C] Perseverance	3. Be responsible to your friends
D] Self-control	4. Be allegiant to your country
E] Indomitable Spirit	5. Never act cowardly in battle

Student Oath

- 1] I will observe the Tenets of Tae Kwon Do
- 2] I will respect my instructor and senior members.
- 3] I will never misuse tae kwon do.
- 4] I will be a champion of freedom and justice.
- 5] I will build a more peaceful world.

Commands

		<u>Degree – Dan</u>
Attention	Cha Reh Ut	1 st – Il
Bow	Kyung Neh	2 nd – Ee
Go to ready	Joon Bee	3 rd – Sam
Begin	Shee Jahk	4 th – Sa
Stop	Go Mahn	5 th – O
Back to ready	Bahro	6 th – Yook
Rest	Sheut	7 th – Chil
		8 th – Pal
		9 th – Ku

Counting

1 – Hana	20 – Su Mul
2 – Dool	30 – Seo Loon
3 – Set	40 – Ma Hun
4 – Net	50 – She Hun
5 – Dah Suht	60 – Ye Soon
6 – Yuh Suht	70 – E Loon
7 – Ill Gope	80 – Yu Doon
8 – Yoh Duhl	90 – Ah Hoon
9 – Ah Hope	100 – Bak
10 – Yul	1000 – Chon

Block – Mack Ki

High Section Block	Sang Dan Mack Ki
Middle Section Block	Choong Dan Mack Ki
Low Section Block	Ha Dan Mack Ki
Side Block	Yop Mack Ki
Mountain Block	San Mack Ki
Knife Hand Block	Soo Do Mack Ki
Front Block	Op Mack Ki

Punch - Jireugi

Side Punch	Yop Jireugi
Middle Punch	Choong Dan Jireugi
High Punch	Sang Dan Jireugi
Knife Hand Attack	Soo Doo Chigi

Kick – Cha Gi

Front Kick	Op Cha Gi
Side Kick	Yop Cha Gi
Roundhouse Kick	Do Ryue Cha Gi
Back Side Kick	De Do Cha Gi

Sah Buhm Nim Kam Sam Me Da: Thank you Instructor

Forms - Hyung

Hae San I	(13)	White	(Purity)
Hae San II	(19)	-	
Chon Ji	(19)	-	
Tan Gun	(21)	Yellow	(Light)
To San	(24)	Green	(Land)
Won Hyo	(28)	Blue	(Sky)
Yul Gok	(38)	-	
Chung Gun	(32)	Red	(Danger)
Toi Gye	(37)	-	
Hwa Rang	(31)	-	
Chung Mu	(30)	Blk Rec.	(All Colors)
Kwang Gae	(39)	1 st Dan	
Chul Gae	(25)	-	
Dando	(50)	-	
Kae Baek	(44)	2 nd Dan	
Po Eun	(38)	-	
Yoo Sin	(68)	3 rd Dan	
Chung Jang	(52)	4 th Dan	
Se Jong	(24)	5 th Dan	
Tong Il	(56)	6 th Dan	

Forms: International Tae Kwon Do Federation
Hae San Martial Arts Association
Chang Hon School: “Blue Cottage”

Placement of Patches

Ahn’s patch:	Left Chest
Hae San patch:	Right Chest
USA flag patch:	Right Arm
Korea flag patch:	Left Arm
Competition Team patch:	½ in below Korea Flag patch
Academic Achiever patch:	½ in below USA Flag patch
Leadership Team patch:	½ in below “Academic Achiever”
Black Belt Club patch:	½ in below “Leadership Team”

Stance – Ja Sae

Horse Stance	Ki Ma Ja Sae
Front Stance	Jun Gool Ja Sae
Back Stance	Hoo Gool Ja Sae
Cat Stance	Goyangi Ja Sae
Cross Stance (X)	Koaseogi

Individual Terms

Fore Fist	Joo Muck
Knife Hand	Soo Do
Belt	Tti
Basics	Ki Bon Dong Jack
Black Belt	Yudanja
Back Fist	Deung Joo Muck
Spear Hand	Kwan Soo
Knee	Mooreup
Hammer Fist	Me Joo Muck
Instructor	Sah Buh Nim
Uniform	Do Bok
Form	Hyung
Yell	Gee Yap
Karate School	Do Jang

Uniform

Black stripe - bottom of uniform:	Black Belt
Red stripe - around the lapel:	Assistant Instructor
Black stripe - around the lapel & bottom:	Instructor
Pants - 1 black stripe:	4 th & 5 th Dan
Pants - 2 black stripes:	6 th & 7 th Dan
Pants - 3 black stripes:	8 th & 9 th Dan
Sleeves - small stripe:	3 years of training (service)
Sleeves - large stripe:	10 years of training (service)

Hae San means Sea & Mountain

13 movements symbolize end of childhood

19 movements symbolize start of adulthood

Sparring – Dhe Ryuang

One Step Sparring	Il Bon Dhe Ryuang
Two Step Sparring	E Bon Dhe Ryuang
Three Step Sparring	Sun Bon Dhe Ryuang
Basic Movements	Ki Bon Dong Jack

Hae San Martial Arts Association was founded in
June 1985 by **Grandmaster E. C. Ahn**

Belt Rank - Tti

9 th -White	
8 th -Yellow-R	
8 th -Yellow-D	1 stripe
7 th -Yellow-R	2 stripes
7 th -Yellow-D	3 stripes
6 th -Green-R	
6 th -Green-D	1 stripe
5 th -Green-R	2 stripes
5 th -Green-D	3 stripes
4 th -Blue-R	
4 th -Blue-D	1 stripe
3 rd -Blue-R	2 stripes
3 rd -Blue-D	3 stripes
2 nd -Red-R	
2 nd -Red-D	1 stripe
1 st -Red-R	2 stripes
1 st -Red-D	3 stripes
1 st -Black-R	
1 st Dan	
2 nd -Black-R	
2 nd Dan	
3 rd -Black-R	
3 rd Dan	
4 th -Black-R	
4 th Dan	
5 th Dan	
6 th Dan	[Master]
7 th Dan	
8 th Dan	
9 th Dan	[Grandmaster]