



Taekwondo

From Wikipedia, the free encyclopedia

Taekwondo (Korean pronunciation: [tʰɛ̝kwʌndo]; Hangul: 태권도; Hanja: 跆拳道; RR: *taegwondo*; MR: *t'aekkwōndo*) is a Korean martial art, characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques.

Taekwondo was developed during the 1940s and 1950s by various martial artists by incorporating elements of Karate and Chinese Martial Arts with indigenous Korean martial arts traditions such as Taekkyeon, Subak, and Gwonbeop.^[1] The oldest governing body for taekwondo is the Korea Taekwondo Association (KTA), formed in 1959 through a collaborative effort by representatives from the nine original kwans, or martial arts schools, in Korea. The main international organizational bodies for taekwondo today are the International Taekwon-Do Federation (ITF), founded by Choi Hong Hi in 1966, and the partnership of the Kukkiwon and World Taekwondo Federation (WTF), founded in 1972 and 1973 respectively by the Korea Taekwondo Association. *Gyeonggi* ([kʲɔŋɡi]), a type of full-contact sparring, has been an Olympic event since 2000. The body known for taekwondo in the Olympics is the World Taekwondo Federation.

Contents

- 1 History of Taekwondo
- 2 Features
 - 2.1 Theory of power
 - 2.2 Typical curriculum
- 3 Equipment and facilities
- 4 Styles and organizations
 - 4.1 1946: Traditional taekwondo
 - 4.2 1966: ITF/Chang Hon-style taekwondo
 - 4.3 1969: ATA/Songahm-style taekwondo
 - 4.4 1970s: Jhoon Rhee-style taekwondo
 - 4.5 1972: Kukki-style / WTF-taekwondo
 - 4.6 Other styles and hybrids
- 5 Forms (patterns)
- 6 Ranks, belts, and promotion
- 7 Historical influences

Taekwondo

태권도



A World Taekwondo Federation sparring match

Also known as	TKD, Tae Kwon Do, TaeKwonDo, Taekwon-Do, Tae-Kwon-Do
Focus	Striking, kicking
Hardness	Full-contact (WTF), Medium-contact (ITF,GTF,ATA)
Country of origin	 South Korea
Famous practitioners	Choi Hong Hi, Nam Tae Hi, Jhoon Rhee, Donnie Yen, Tony Jaa, Billy Blanks, Michael Jai White, Sun Hwan Chung, Scott Adkins, Sarah Michelle Gellar, Jeeja Yanin, Cung Le, Chuck Norris, Jean-Claude Van Damme, Mirko Filipović, Joe Rogan, Chang Keun Choi, Kwang Jo Choi, Han Cha Kyo, Jong Soo Park, Jung Tae Park, Yeon Hwan Park, Chong Chul Rhee, Keith H. Cooke,

- 8 Philosophy
- 9 Competition
 - 9.1 World Taekwondo Federation
 - 9.2 International Taekwon-Do Federation
 - 9.3 Other organizations
- 10 Korean Taekwondo Vocabulary
- 11 See also
- 12 References

History of Taekwondo

Beginning in 1945, shortly after the end of the occupation of Korea by Imperial Japan, new martial arts schools called *kwans* were opened in Seoul. These schools were established by Korean martial artists who had studied primarily in Japan during the Japanese rule. The umbrella term *traditional taekwondo* typically refers to the martial arts practiced by the kwans during the 1940s and 1950s, though in reality the term "taekwondo" had not yet been coined at that time, and indeed each kwan was practicing their own unique style of martial art. During this timeframe taekwondo was also adopted for use by the South Korean military, which increased its popularity among civilian martial arts schools. [2] [3]

After witnessing a martial arts demonstration by the military in 1952, South Korean President Syngman Rhee urged that the martial arts styles of the kwans be merged. Beginning in 1955 the leaders of the kwans began discussing in earnest the possibility of creating a unified style of Korean martial arts. The name *Tae Soo Do* was used to describe this notional unified style. This name consists of the hanja 踏 *tae* "to stomp, trample", 手 *su* "hand" and 道 *do* "way, discipline".

Choi Hong Hi advocated the use of the name *Tae Kwon Do*, i.e. replacing *su* "hand" by 拳 *kwon* "fist", the term also used for "martial arts" in Chinese (pinyin *quán*). The new name was initially slow to catch on among the leaders of the kwans. In 1959 the Korea Taekwondo Association (KTA) was established to facilitate the unification of Korean martial arts. In 1966, Choi established the International Taekwon-Do Federation (ITF) as a separate governing body devoted to institutionalizing a common style of taekwondo. [2][3]

Cold War politics of the 1960s and 1970s complicated the adoption of ITF-style taekwondo as a unified style, however. The South Korean government wished to avoid North Korean influence on the martial art. Conversely, ITF president Choi Hong Hi sought support for the martial art from all quarters, including North Korea. In response, in 1973 South Korea withdrew its support for the ITF. The ITF continued to function as an independent federation, then headquartered in Toronto, Canada; Choi continued to develop the ITF-style, notably with the 1987 publication of his *Encyclopedia of Taekwondo*. After Choi's retirement the ITF split in

Jade Jones, Anthony Obame, Juan Antonio Ramos, Tran Trieu Quan, S. Henry Cho, Rose Namajunas, Conor McGregor, Anthony Pettis, Chan Sung Jung, Akshay Kumar, Zlatan Ibrahimović, Deepak Bista, Caity Lotz

Parenthood Karate and Chinese martial arts along with the indigenous styles of Taekkyeon, Subak, and Gwonbeop

Olympic sport Since 2000 (World Taekwondo Federation)

Taekwondo	
Hangul	태권도
Hanja	跆拳道
Revised Romanization	taegwondo
McCune–Reischauer	t'aekkwōndo



A "family tree" of the five original kwans of taekwondo. The five kwans are highlighted in yellow text.

2001 and then again in 2002 to create three separate federations each of which continues to operate today under the same name. ^[2]^[3]

In 1973 the South Korean government's Ministry of Culture, Sports and Tourism established the Kukkiwon as the new national academy for taekwondo. Kukkiwon now served many of the functions previously served by the KTA, in terms of defining a government-sponsored unified style of taekwondo. In 1973 the KTA supported the establishment of the World Taekwondo Federation (WTF) to promote taekwondo specifically as an international sport. WTF competitions employ Kukkiwon-style taekwondo. ^[2] ^[4] For this reason, Kukkiwon-style taekwondo is often referred to as WTF-style taekwondo, sport-style taekwondo, or Olympic-style taekwondo, though in reality the style is defined by the Kukkiwon, not the WTF.

Since 2000, taekwondo has been one of only two Asian martial arts (the other being judo) that are included in the Olympic Games. It became a demonstration event at the 1988 games in Seoul, and became an official medal event at the 2000 games in Sydney. In 2010, taekwondo was accepted as a Commonwealth Games sport. ^[5]

Features

Taekwondo is characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques. In fact, World Taekwondo Federation sparring competitions award additional points for strikes that incorporate spinning kicks. ^[6] To facilitate fast, turning kicks, taekwondo generally adopts stances that are narrower and hence less-stable than the broader, wide stances used by martial arts such as karate. The tradeoff of decreased stability is believed to be worth the commensurate increase in agility, particularly in Kukkiwon-style taekwondo.

Theory of power

The emphasis on speed and agility is a defining characteristic of taekwondo and has its origins in analyses undertaken by Choi Hong Hi. The results of that analysis are known by ITF practitioners as Choi's *Theory of Power*. Choi based his understanding of power on biomechanics and Newtonian physics as well as Chinese martial arts. For example, Choi observed that the power of a strike increases quadratically with the speed of the strike, but increases only linearly with the mass of the striking object. In other words, speed is more important than size in terms of generating power. This principle was incorporated into the early design of taekwondo and is still used. ^[3] ^[7]

Choi also advocated a *relax/strike* principle for taekwondo; in other words, between blocks, kicks, and strikes the practitioner should relax the body, then tense the muscles only while performing the technique. It is believed that the relax/strike principle increases the power of the technique, by conserving the body's energy. He expanded on this principle with his advocacy of the *sine wave* technique. This involves



Flying twin foot side kick



A jumping reverse hook kick

raising one's center of gravity between techniques, then lowering it as the technique is performed, producing the up-and-down movement from which the term "sine wave" is derived. ^[7] The *sine wave* is generally practiced, however, only in schools that follow ITF-style taekwondo. Kukkiwon-style taekwondo, for example, does not employ the sine wave and advocates a more uniform height during movements, drawing power mainly from the rotation of the hip.

The components of the Theory of Power include:^[8]

- Reaction Force - the principle that as the striking limb is brought forward, other parts of the body should be brought backward in order to provide more power to the striking limb. As an example, if the right leg is brought forward in a roundhouse kick, the right arm is brought backward to provide the reaction force.
- Concentration - the principle of bringing as many muscles as possible to bear on a strike, concentrating the area of impact into as small an area as possible.
- Equilibrium - maintaining a correct center-of-balance throughout a technique.
- Breath Control - the idea that during a strike one should exhale, with the exhalation concluding at the moment of impact.
- Mass - the principle of bringing as much of the body to bear on a strike as possible; again using the turning kick as an example, the idea would be to rotate the hip as well as the leg during the kick in order to take advantage of the hip's additional mass in terms of providing power to the kick.
- Speed - as previously noted, the speed of execution of a technique in taekwondo is deemed to be even more important than mass in terms of providing power.

Typical curriculum

While organizations such as ITF or Kukkiwon define the general style of taekwondo, individual clubs and schools tend to tailor their taekwondo practices. Although each taekwondo club or school is different, a student typically takes part in most or all of the following: ^[9]

- Forms (called *poomsae* 품새/品勢 *hyeong* or *hyung* also *teul* 틀 *toul* by ITF, *poom'-sy* or simply the English translations "pattern" or "form" by the WTF) - these serve the same function as kata in the study of karate,
- Sparring (called *gyeorugi* 겨루기 *kyuh-ru'-gee*, or *matseogi* 맞서기 *mat-suh'-gee* in the ITF) - sparring includes variations such as free-style sparring (in which competitors spar without interruption for several minutes); 7-, 3-, 2-, and 1-step sparring (in which students practice pre-arranged sparring combinations); and point sparring (in which sparring is interrupted and then resumed after each point is scored)
- Breaking (*gyeokpa* 격파 *gyuh-k'-pah* or *weerok*) - the breaking of boards is used for testing, training, and martial arts demonstrations. Demonstrations often also incorporate bricks, tiles, and blocks of ice or other materials. These techniques can be separated into three types:
 - Power breaking – using straightforward techniques to break as many boards as possible
 - Speed breaking – boards are held loosely by one edge, putting special focus on the speed required to perform the break
 - Special techniques – breaking fewer boards but using jumping or flying techniques to attain greater height, distance, or to clear obstacles
- Self-defense techniques (*hosinsool* 호신술, *hoh'-sin-sool*)
- Learning the fundamental techniques of taekwondo; these generally include kicks, blocks, punches, and strikes, with somewhat less emphasis on grappling and holds
- Throwing and/or falling techniques (*deonjigi* 던지기 *Korean pronunciation: [tʌndzigi]* and *ddeoreojigi* 떨어지기 *Korean pronunciation: [tʌɾʌdzigi]*)

- Both anaerobic and aerobic workout, including stretching
- Relaxation and meditation exercises, as well as breathing control
- A focus on mental and ethical discipline, etiquette, justice, respect, and self-confidence
- Examinations to progress to the next rank
- Development of personal success and leadership skills

Though weapons training is not a formal part of most taekwondo federation curriculums, individual schools will often incorporate additional training with staffs, knives, sticks, etc.

Equipment and facilities

A taekwondo student typically wears a uniform (*dobok* 도복), often white but sometimes black (or other colors), with a belt tied around the waist. White uniforms are considered the traditional color and are encouraged for use at formal ceremonies such as belt tests and promotions. Colored uniforms are often reserved for special teams (such as demonstration teams or leadership teams) or higher-level instructors. There are at least two major styles of *dobok*, with the most obvious differences being in the style of jacket: (1) the cross-over front jacket (ITF style), (2) the V-neck or Y-neck jackets (no cross-over) typically worn by Kukkiwon/WTF practitioners. White uniforms in the Kukkiwon/WTF tradition will typically be white throughout the jacket (black along the collars for dan grades), while ITF-style uniforms are trimmed with a black border along the bottom of the jacket (for dan grades).

The belt color and any insignia thereon indicate the student's rank. Different clubs and schools use different color schemes for belts. In general, the darker the color, the higher the rank. Taekwondo is traditionally performed in bare feet, although martial arts training shoes may sometimes be worn.

When sparring, padded equipment is worn. In the ITF tradition, typically only the hands and feet are padded. For this reason, ITF sparring often employs only light-contact sparring. In the Kukkiwon/WTF tradition, full-contact sparring is facilitated by the employment of more extensive equipment: padded helmets called *homyun* are always worn, as are padded torso protectors called *hogu*; feet, shins, groins, hands, and forearms protectors are also worn.

The school or place where instruction is given is called the *dojang* (도장, *doh'-jang*). Specifically, the term *dojang* refers to the area within the school in which martial arts instruction takes place; the word *dojang* is sometimes translated as *gymnasium*. In common usage the term *dojang* is often used to refer to the school as a whole. Modern *dojangs* often incorporate padded flooring, often incorporating red-and-blue patterns in the flooring to reflect the colors of the taegeuk symbol. Some *dojangs* have wooden flooring instead. The *dojang* is usually decorated with items such as flags, banners, belts, instructional materials, and traditional Korean calligraphy.

The grandmaster of the *dojang* is called a *gwanjangnim* (관장님, *gwon'-jong-nim*); the master (senior instructor or head of *dojang*) is called *sabeonim* (사범님, *sah'-bum-nim*); the instructor is called *gyosannim*



A WTF-style *dobok*



An example of a *dojang*

(교사님, *gyoh'-sah-nim*); and the assistant instructor is called *jogyonim* (조교님, *joh'-gyoh-nim*).

Styles and organizations

There are a number of major taekwondo styles as well as a few niche styles. Most styles are associated with a governing body or federation that defines the style. The major technical differences among taekwondo styles and organizations generally revolve around:

- the patterns practiced by each style (called *hyeong* 형, *pumsae* 품새, or *teul* 틀, depending on the style); these are sets of prescribed formal sequences of movements that demonstrate mastery of posture, positioning, and technique
- differences in the sparring rules for competition; specifically, WTF-style competition (the style used in the Olympics) is generally more sport-oriented and less combat-oriented than other styles
- martial arts philosophy.



A "family tree" illustrating how the five original kwans gave rise to multiple styles of taekwondo.

1946: Traditional taekwondo

The term *traditional taekwon* typically refers to martial arts practiced in Korea during the 1940s and 1950s by the nine original kwans after the conclusion of the Japanese occupation of Korea at the end of World War II. The term *taekwondo* had not yet been coined. In reality, each of the nine kwans practiced its own style of martial arts, so the term *traditional taekwondo* serves as an umbrella term for these various styles. Traditional taekwondo is still studied today in addition to traditional Korean martial arts styles such as Tang Soo Do and Soo Bahk Do. ^{[2][3]}

The original schools (kwans) that formed the organization that would eventually become Kukkiwon continue to exist as independent fraternal membership organizations that support the World Taekwondo Federation and Kukkiwon. The official curriculum of the kwans is that of Kukkiwon. The kwans also function as a channel for the issuing of Kukkiwon dan and poom certification (black belt ranks) for their members.

1966: ITF/Chang Hon-style taekwondo

International Taekwon-Do Federation (ITF)-style taekwondo, more accurately known as Chang Hon-style taekwondo, is defined by Choi Hong Hi's *Encyclopedia of Taekwon-do* published in 1987. ^[7]

In 1990, the Global Taekwondo Federation (GTF) split from the ITF due to the political controversies surrounding the ITF; the GTF continues to practice ITF-style taekwondo, however, with additional elements incorporated into the style. Likewise, the ITF itself split in 2001 and again in 2002 into three separate federations, headquartered in Austria, the United Kingdom, and Spain respectively.^{[10][11][12]}

The GTF and all three ITFs practice Choi's ITF-style taekwondo. In ITF-style taekwondo, the word used for "forms" is *teul*; the specific set of teul used by the ITF is called *Chang Hon*. Choi defined 24 *Chang Hon* teul. The names and symbolism of the Chang Hon teul refer to elements of Korean history, culture and religious philosophy. The GTF-variant of ITF practices an additional six teul.

Within the ITF taekwondo tradition there are two sub-styles:

- The style of taekwondo practiced by the ITF before its 1973 split with the KTA is sometimes called by ITF practitioners "traditional taekwondo", though a more accurate term would be *traditional ITF taekwondo*.
- After the 1973 split, Choi Hong Hi continued to develop and refine the style, ultimately publishing his work in his 1987 *Encyclopedia of Taekwondo*. Among the refinements incorporated into this new sub-style is the "sine wave"; one of Choi Hong Hi's later principles of taekwondo is that the body's center of gravity should be raised-and-lowered throughout a movement.

Some ITF schools adopt the sine wave style, while others do not. Essentially all ITF schools do, however, use the patterns (teul) defined in the Encyclopedia, with some exceptions related to the forms *Juche* and *Ko-Dang*.

1969: ATA/Songahm-style taekwondo

In 1969, Haeng Ung Lee, a former taekwondo instructor in the South Korean military, relocated to Omaha, Nebraska and established a chain of martial arts schools in the United States under the banner of the American Taekwondo Association (ATA). Like Jhoon Rhee taekwondo, ATA taekwondo has its roots in traditional taekwondo. The style of taekwondo practiced by the ATA is called *Songahm* taekwondo. The ATA went on to become one of the largest chains of taekwondo schools in the United States.^[13]

The ATA has established international spin-offs called the Songahm Taekwondo Federation (STF) and the World Traditional Taekwondo Union (WTTU) to promote the practice of Songahm taekwondo internationally.

1970s: Jhoon Rhee-style taekwondo

In 1962 Jhoon Rhee relocated to the United States and established a chain of martial arts schools primarily in the Washington, D.C. area that practiced traditional taekwondo. In the 1970s, at the urging of Choi Hong Hi, Rhee adopted ITF-style taekwondo within his chain of schools, but like the GTF later departed from the ITF due to the political controversies surrounding Choi and the ITF. Rhee went on to develop his own style of taekwondo called Jhoon Rhee-style taekwondo, incorporating elements of both traditional and ITF-style taekwondo as well as original elements.^[14] (Note that Jhoon Rhee-style taekwondo is distinct from the similarly named Rhee Taekwon-Do, based in Australia and New Zealand).

Jhoon Rhee-style taekwondo is still practiced primarily in the United States and eastern Europe.

1972: Kukki-style / WTF-taekwondo

In 1972 the Korea Taekwondo Association (KTA) Central Dojang opened in Seoul in 1972; in 1973 the name was changed to Kukkiwon. Under the sponsorship of the South Korean government's Ministry of Culture, Sports and Tourism the Kukkiwon became the new national academy for taekwondo, thereby establishing a new "unified" style of taekwondo.^[4] In 1973 the KTA established the World Taekwondo Federation (WTF) to promote taekwondo as a sport. The International Olympic Committee recognized the WTF and taekwondo sparring in 1980. For this reason, the Kukkiwon-defined style of taekwondo is sometimes referred to as *Sport-style* taekwondo, *Olympic-style* taekwondo, or *WTF-style* taekwondo, but the style itself is defined by the Kukkiwon, not by the WTF, and the WTF competition ruleset itself only allows the use of a very small number of the total number of techniques included in the style.^[15] Therefore, the correct term for the South Korean government sponsored style of Taekwondo associated with the Kukkiwon, is Kukki Taekwondo, meaning "national taekwondo" in Korean.

In Kukki-style taekwondo, the word used for "forms" is *poomsae*. In 1967 the KTA established a new set of forms called the *Palgwa*e poomse, named after the eight trigrams of the I Ching. In 1971 however (after additional kwans had joined the KTA), the KTA and Kukkiwon adopted a new set of color-belt forms instead, called the *Taeg*euk poomsae. Black belt forms are called *yudanja* poomsae. While ITF-style forms refer to key elements of Korean history, Kukki-style forms refer instead to elements of sino-Korean philosophy such as the I Ching and the taeg

euk.

WTF-sanctioned tournaments allow any person, regardless of school affiliation or martial arts style, to compete in WTF events as long as he or she is a member of the WTF Member National Association in his or her nation; this allows essentially anyone to compete in WTF-sanctioned competitions.

Other styles and hybrids

As previously mentioned, in 1990 the Global Taekwondo Federation (GTF) split from the International Taekwon-Do Federation (ITF) to form its own style of taekwondo based on ITF-style. Essentially this can be considered a variation of ITF-style.

Also in 1990, martial artist and actor Chuck Norris, an alumnus of Hwang Kee's Moo Duk Kwan organization, established a hybrid martial art system called Chun Kuk Do. Chun Kuk Do shares many techniques, forms and names with Tang Soo Do and Taekwondo, and so can be considered a variation of traditional taekwondo. Similarly, Lim Ching Sing's Hup Kwon Do and Kwang-jo Choi's Choi Kwang Do also derive from taekwondo.

Additionally, there are *hybrid* martial arts that combine taekwondo with other styles. These include:

- Kun Gek Do^[16] (also Gwon Gyokdo) - combines taekwondo and muay thai.
- Han Moo Do - Scandinavian martial art that combines taekwondo, hapkido, and hoi jeon moo sool.
- Han Mu Do - Korean martial art that combines taekwondo and hapkido.
- Teukgong Moosool - Korean martial art that combines elements of taekwondo, hapkido, judo, kyuk too ki, and Chinese martial arts.
- Yongmudo - developed at Korea's Yong-In University, combines taekwondo, hapkido, judo, and ssireum.

Forms (patterns)

The Korean terms *hyeong*, *poomsae* and *teul* are all used to refer to taekwondo forms or "patterns." These are equivalent to *kata* in karate.

- The word "*hyeong*" is often romanized as "*hyung*" - *hyeong* is the term usually used in traditional taekwondo (i.e., 1950s-1960s styles of Korean martial arts).
- "*Poomsae*" is sometimes romanized as "*pumsae*" or "*poomse*" - *poomsae* is the term officially used by Kukkiwon/WTF-style and ATA-style taekwondo.
- "*Teul*" is often romanized as "*tul*" - *teul* is the term usually used in ITF/Chang Hon-style taekwondo.

A *hyeong* is a systematic, prearranged sequence of martial techniques that is performed either with or without the use of a weapon. In *dojangs* (taekwondo training gymnasiums) *hyeong* are used primarily as a form of interval training that is useful in developing *mushin*, proper kinetics and mental and physical fortitude. *Hyeong* may resemble combat, but are artistically non-combative and woven together so as to be an effective conditioning tool. One's aptitude for a particular *hyeong* may be evaluated in competition. In such competitions, *hyeong* are evaluated by a panel of judges who base the score on many factors including energy, precision, speed, and control. In Western competitions, there are two general classes of *hyeong*: creative and

standard. Creative hyeong are created by the performer and are generally acrobatic in nature and do not necessarily reflect the kinetic principles intrinsic in any martial system.

Different taekwondo styles and associations (ATA, ITF, GTF, WTF, etc.) use different taekwondo forms. Even within a single association, different schools in the association may use slightly different variations on the forms, or use different names for the same form (especially in older styles of taekwondo). This is especially true for beginner forms, which tend to be less standardized than mainstream forms.

ATA Songahm-style ^[17]	ITF Chang Hon-style ^[18]	GTF style ^[19]	WTF Kukkiwon-style ^[20]	Jhoon Rhee style ^[21]
	Beginner Exercises (3)	Beginner Exercises (3)	Unofficial Beginner Forms (usually 3-5)	Beginner Forms (2)
	Four Direction Punch	Four Direction Punch	Kicho Hyeong Il Bu, or Kibon Hana	Kamsah
	Four Direction Block	Four Direction Block	Kicho Hyeong Ee Bu, or Kibon Dool	Kyu-Yool
	Four Direction Thrust	Four Direction Thrust	Kicho Hyeong Sam Bu, or Kibon Set	
Color Belt Forms (9)	Color Belt Forms (9)	Color Belt Forms (11)	Color Belt Forms (Taegeuk, 8)	Color Belt Forms (8)
Songahm 1	Chon-Ji	Chon-Ji	Taegeuk Il Jang	Jayoo
Songahm 2	Dan-Gun	Dan-Gun	Taegeuk Ee Jang	Chosang
Songahm 3	Do-San	Do-San	Taegeuk Sam Jang	Hanguk
Songahm 4		Jee-Sang	Taegeuk Sa Jang	Jung-Yi
Songahm 5	Won-Hyo	Won-Hyo	Taegeuk Oh Jang	Pyung-Wa
In Wha 1	Yul-Gok	Yul-Gok	Taegeuk Yook Jang	Meegook
In Wha 2		Dhan-Goon	Taegeuk Chil Jang	Chasin
Choong Jung 1	Joong-Gun	Joong-Gun	Taegeuk Pal Jang	Might for Right
Choong Jung 2	Toi-Gye	Toi-Gye		
	Hwa-Rang	Hwa-Rang		
	Choong-Moo	Choong-Moo		
Black Belt Forms (8)	Black Belt Forms (15)	Black Belt Forms (19)	Black Belt Forms (9)	Black Belt Forms
Shim Jun	Kwang-Gae	Kwang-Gae	Koryo	Same as ITF
Jung Yul	Po-Eun	Po-Eun	Keumgang	
Chung San	Gae-Baek	Gae-Baek	Taebaek	
Sok Bong		Jee-Goo	Pyongwon	
Chung Hae	Eui-Am	Eui-Am	Sipjin	
Jhang Soo	Choong-Jang	Choong-Jang	Jitae	
Chul Joon	Juche, or Go-Dang*	Go-Dang	Cheonkwon	
Jeong Seung		Jook-Am	Hansoo	
	Sam-Il	Sam-Il	Ilyeo	

	Yoo-Sin	Yoo-Sin		
	Choi-Yong	Choi-Yong	Older Color Belt Forms (Palgwae, 8)	
		Pyong-Hwa	Palgwae Il Jang	
	Yon-Gae	Yon-Gae	Palgwae Ee Jang	
	Ul-Ji	Ul-Ji	Palgwae Sam Jang	
	Moon-Moo	Moon-Moo	Palgwae Sa Jang	
		Sun-Duk	Palgwae Oh Jang	
	So-San	So-San	Palgwae Yook Jang	
	Se-Jong	Se-Jong	Palgwae Chil Jang	
	Tong-Il	Tong-Il	Palgwae Pal Jang	
	Older Black Belt Forms		Older Black Belt Forms	
	* Go-Dang is considered deprecated in most ITF styles		Original Koryo	
	U-Nam is an ITF Chang-Hon form that appears only in the 1959 edition of Choi Hong Hi's <i>Tae Kwon Do Teaching Manual</i> ^[22]			
			Candidate Demo Forms (never officially finalized)	
			Hanryu	
			Bikkak	

Ranks, belts, and promotion

Taekwondo ranks vary from style to style and are not standardized. Typically, these ranks are separated into "junior" and "senior" sections, colloquially referred to as "color belts" and "black belts". The junior section of ranks - the "color belt" ranks - are indicated by the Korean word *geup* 급 (also Romanized as *gup* or *kup*). Practitioners in these ranks generally wear belts ranging in color from white (the lowest rank) to red or brown (higher ranks, depending on the style of taekwondo). Belt colors may be solid, or may include a colored stripe on a solid background. The number of geup ranks varies depending on the style, typically ranging between 8 and 12 geup ranks. The numbering sequence for geup ranks usually begins at the larger number for white belts, and then counts down to "1st geup" as the highest color-belt rank.



Exhibition of taekwondo students at the Monterrey Institute of Technology and Higher Education, Mexico City

The senior section of ranks - the "black belt" ranks - is typically made up of nine ranks. Each rank is called a *dan* 단 or "degree" (as in "third *dan*" or "third-degree black belt"). The numbering sequence for dan ranks is opposite that of *geup* ranks: numbering begins at 1st dan (the lowest black-belt rank) and counts upward for higher ranks. A practitioner's degree is sometimes indicated on the belt itself with stripes, Roman numerals, or other methods.

Some styles incorporate an additional rank between the *geup* and dan levels, called the "bo-dan" rank -- essentially, a candidate rank for black belt promotion. Additionally, the Kukkiwon/WTF-style of taekwondo recognizes a "poom" rank for practitioners under the age of 15: these practitioners have passed dan-level tests but will not receive dan-level rank until age 15. At age 15, their poom rank is considered to transition to equivalent dan rank automatically. In some schools, holders of the poom rank wear a half-red/half-black belt rather than a solid black belt.

To advance from one rank to the next, students typically complete *promotion tests* in which they demonstrate their proficiency in the various aspects of the art before their teacher or a panel of judges. Promotion tests vary from school to school, but may include such elements as the execution of patterns, which combine various techniques in specific sequences; the breaking of boards to demonstrate the ability to use techniques with both power and control; sparring and self-defense to demonstrate the practical application and control of techniques; physical fitness usually with push-ups and sit-ups; and answering questions on terminology, concepts, and history to demonstrate knowledge and understanding of the art. For higher *dan* tests, students are sometimes required to take a written test or submit a research paper in addition to taking the practical test.

Promotion from one *geup* to the next can proceed rapidly in some schools, since schools often allow *geup* promotions every two, three, or four months. Students of *geup* rank learn the most basic techniques first, and then move on to more advanced techniques as they approach first *dan*. Many of the older and more traditional schools often take longer to allow students to test for higher ranks than newer, more contemporary schools, as they may not have the required testing intervals. In contrast, promotion from one *dan* to the next can take years. In fact, some styles impose age or time-in-rank limits on dan promotions. For example, the number of years between one dan promotion to the next may be limited to a minimum of the practitioner's current dan-rank, so that (for example) a 5th dan practitioner must wait 5 years to test for 6th dan.

Black belt ranks may have titles associated with them, such as "master" and "instructor", but taekwondo organizations vary widely in rules and standards when it comes to ranks and titles. What holds true in one organization may not hold true in another, as is the case in many martial art systems. For example, achieving first *dan* (*black belt*) ranking with three years' training might be typical in one organization, but considered too quick in another organization, and likewise for other ranks. Similarly, the title for a given *dan* rank in one organization might not be the same as the title for that *dan* rank in another organization.

In the International Taekwon-Do Federation, instructors holding 1st to 3rd *dan* are called *Boosabum* (assistant instructor), those holding 4th to 6th *dan* are called *Sabum* (instructor), those holding 7th to 8th *dan* are called *Sahyun* (master), and those holding 9th *dan* are called *Saseong* (grandmaster).^[23] This system does not, however, necessarily apply to other taekwondo organizations.

In the American Taekwondo Association, instructor designations are separate from rank. Black belts may be designated as an instructor trainee (red collar), specialty trainer (red and black collar), certified trainer (black-red-black collar) and certified instructor (black collar). After a one-year waiting period, instructors who hold a sixth dan are eligible for the title of Master. Seventh dan black belts are eligible for the title Senior Master and eighth dan black belts are eligible for the title Chief Master.

In the Kukkiwon/WTF-style students holding 1st-3rd *dan* are considered an Instructor, but generally have

much to learn. Students who hold a 4th - 6th *dan* are considered Masters. Those who hold a 7th - 9th *dan* are considered Grandmasters. This rank also holds an age requirement of 40+.^[24] In this style, a 10th dan rank is sometimes awarded posthumously for practitioners with a lifetime of demonstrable contributions to the practice of taekwondo.

Historical influences

The oldest Korean martial arts were an amalgamation of unarmed combat styles developed by the three rival Korean Kingdoms of Goguryeo, Silla, and Baekje,^[25] where young men were trained in unarmed combat techniques to develop strength, speed, and survival skills. The most popular of these techniques was ssireum and subak, with taekkyeon being the most popular of the components of subak. The Northern Goguryeo kingdom was a dominant force in Northern Korea and North Eastern China prior to the 1st century CE, and again from the 3rd century to the 6th century. Before the fall of the Goguryeo Dynasty in the 6th century, the Shilla Kingdom asked for help in training its people for defense against pirate invasions. During this time a few select Silla warriors were given training in taekkyeon by the early masters from Goguryeo. These Silla warriors then became known as Hwarang or "blossoming knights." The Hwarang set up a military academy for the sons of royalty in Silla called Hwarang-do {花郎徒}, which means "flower-youth corps." The Hwarang studied taekkyeon, history, Confucian philosophy, ethics, Buddhist morality, social skills, and military tactics. The guiding principles of the Hwarang warriors were based on Won Gwang's five codes of human conduct and included loyalty, filial duty, trustworthiness, valor, and justice.^[26]

In spite of Korea's rich history of ancient and martial arts, Korean martial arts faded during the late Joseon Dynasty. Korean society became highly centralized under Korean Confucianism, and martial arts were poorly regarded in a society whose ideals were epitomized by its scholar-kings.^[27] Formal practices of traditional martial arts such as subak and taekkyeon were reserved for sanctioned military uses. However, taekkyeon persisted into the 19th century as a folk game during the May-Dano festival, and was still taught as the formal military martial art throughout the Joseon Dynasty.^[25]

Early progenitors of taekwondo - the founders of the nine original kwans - who were able to study in Japan were exposed to Japanese martial arts, including karate, judo, and kendo,^[28] while others were exposed to the martial arts of China and Manchuria, as well as to the indigenous Korean martial art of taekkyeon.^[29]^[30]^[31]^[1] Hwang Kee founder of Moo Duk Kwan, further incorporated elements of Korean Gwonbeop from the Muye Dobo Tongji into the style that eventually became Tang Soo Do.

Philosophy

Different styles of taekwondo adopt different philosophical underpinnings. Many of these underpinnings however refer back of the Five Commandments of the Hwarang as a historical referent. For example, Choi Hong Hi expressed his philosophical basis for taekwondo as the Five Tenets of Taekwondo:^[32]

- *Yeh-Wee*, courtesy
- *Sung-Shil*, integrity
- *In-Nae*, perseverance
- *Guk-Gi*, self-control
- *Beakjul-bool-gul*, Indomitable spirit

These tenets are further articulated in a taekwondo oath, also authored by Choi:

- I undertake to comply with the principles of Taekwondo
- I undertake to respect my coaches and all superiors
- I undertake to abuse Taekwondo never
- I pledge to stand up for freedom and justice
- I undertake to cooperate in the creation of a more peaceful world

Modern ITF organizations have continued to update and expand upon this philosophy.^{[33][34]}

The World Taekwondo Federation also refers to the commandments of the Hwarang in the articulation of its taekwondo philosophy.^[35] Like the ITF philosophy, it centers on the development of a peaceful society as one of the overarching goals for the practice of taekwondo. The WTF's stated philosophy is that this goal can be furthered by adoption of the Hwarang spirit, by behaving rationally ("education in accordance with the reason of heaven"), and by recognition of the philosophies embodied in the taegeuk (the yin and the yang, i.e., "the unity of opposites") and the sam taegeuk (understanding change in the world as the interactions of the heavens, the Earth, and Man). The philosophical position articulated by the Kukkiwon is likewise based on the Hwarang tradition.^[36]

Competition

Taekwondo competition typically involves sparring, breaking, patterns, and self-defense (*hosinsul*). In Olympic taekwondo competition, however, only sparring (using WTF competition rules) is performed.^[37]

There are two kinds of competition sparring: point sparring, in which all strikes are light contact and the clock is stopped when a point is scored; and Olympic sparring, where all strikes are full contact and the clock continues when points are scored. Sparring involves a Hogu, or a chest protector, which muffles any kick's damage to avoid serious injuries. Helmets and other gear is provided as well. Though other systems may vary, a common point system works like this: One point for a regular kick to the Hogu, two for a turning behind kick, three for a back kick, and four for a spinning kick to the head.



Sparring in a taekwondo class

World Taekwondo Federation

Under World Taekwondo Federation and Olympic rules, sparring is a full-contact event and takes place between two competitors in an area measuring 8 meters square.^[38] A win can occur by points, or if one competitor is unable to continue (knockout).^[39] Each match consists of three semi-continuous rounds of contact, with one minute rest between rounds. Competitors must wear a hogu, head protector, shin pads, foot socks, forearm guards, hand gloves, a mouthpiece, and a groin cup (males only). Many large tournaments sanctioned by national governing bodies or the WTF, including the Olympics, use electronic hogu, electronic foot socks, and electronic head protectors.

Points are awarded for permitted, accurate, and powerful techniques delivered to the legal scoring areas; light contact does not score any points. The only techniques allowed are kicks (delivering a strike using an area of the foot below the ankle) and punches (delivering a strike using the closed fist).^[40] In most competitions, points are awarded by three corner judges using electronic scoring tallies. Several A-Class tournaments, however, are now experimenting with electronic scoring equipment contained within the competitors' body

protectors. This limits corner judges to scoring only attacks to the head. Some believe that the new electronic scoring system will help to reduce controversy concerning judging decisions,^[41] but this technology is still not universally accepted.^[42]

Beginning in 2009, a kick or punch that makes contact with the opponent's *hogu* (the body guard that functions as a scoring target) scores one point. (The trunk protector is referred to as a *momtong pohodae* 몸통 보호대 or trunk guard in the WTF rules.) If a kick to the *hogu* involves a technique that includes fully turning the attacking competitor's body, so that the back is fully exposed to the targeted competitor during execution of the technique (spinning kick), three points are awarded. A kick to the head scores three points; as of October 2010 an additional point is awarded if a turning kick was used to execute this attack.^[43] Punches to the head are not allowed. As of March 2010, no additional points are awarded for knocking down an opponent (beyond the normal points awarded for legal strikes).

The referee can give penalties at any time for rule-breaking, such as hitting an area not recognized as a target, usually the legs or neck. Penalties are divided into "Kyong-go" (warning penalty) and "Gam-jeom" (deduction penalty). Two "Kyong-go" are counted as an addition of one point for the opposing contestant. However, the final odd-numbered "Kyong-go" is not counted in the grand total.^[44]

At the end of three rounds, the competitor with most points wins the match. In the event of a tie, a fourth "sudden death" overtime round, sometimes called a "Golden Point", is held to determine the winner after a one-minute rest period. In this round, the first competitor to score a point wins the match. If there is no score in the additional round, the winner is decided by superiority, as determined by the refereeing officials^[43] or number of fouls committed during that round.

Until 2008, if one competitor gained a 7-point lead over the other, or if one competitor reached a total of 12 points, then that competitor was immediately declared the winner and the match ended. These rules were abolished by the WTF at the start of 2009. In October 2010 the WTF reintroduced a point-gap rule, stating that if a competitor has a 12-point lead at the end of the second round or achieves a 12-point lead at any point in the third round, then the match is over and that competitor is declared the winner.^[43]

USA Taekwondo is the officially recognized National Governing Body for Taekwondo for the *United States Olympic Committee* (USOC), and the official Member National Association of the World Taekwondo Federation.

The World Taekwondo Federation directly sanctions the following competitions:^[45]

- WTF World Taekwondo Poomsae Championships
- WTF World Taekwondo Championships
- WTF World Taekwondo Cadet Championships
- WTF World Taekwondo Junior Championships
- WTF World Taekwondo Team Championships
- WTF World Taekwondo Para Championships
- WTF World Taekwondo Grand-Prix



Official WTF trunk protector (*hogu*), forearm guards and shin guards

- WTF World Taekwondo Beach Championships
- Olympic Games

International Taekwon-Do Federation

The International Taekwon-Do Federation's sparring rules are similar to the WTF's rules, but differ in several aspects.

- Hand attacks to the head are allowed.^[46]
- The scoring system is:
 - 1 point for: Punch to the body or head.
 - 2 points for: Jumping kick to the body or kick to the head
 - 3 points for: Jumping kick to the head
- The competition area may vary between 10×10 meters and 20×20 meters in international championships.

Competitors do not wear the *hogu* (although they are required to wear approved foot and hand protection equipment, as well as optional head guards). This scoring system varies between individual organisations within the ITF; for example, in the TAGB, punches to the head or body score 1 point, kicks to the body score 2 points, and kicks to the head score 3 points.

A continuous point system is utilized in ITF competition, where the fighters are allowed to continue after scoring a technique. Excessive contact are generally not allowed according to the official ruleset, and judges penalize any competitor with disqualification if they injure their opponent and he can no longer continue (although these rules vary between ITF organizations). At the end of two minutes (or some other specified time), the competitor with more scoring techniques wins.

Fouls in ITF sparring include: attacking a fallen opponent, leg sweeping, holding/grabbing, or intentional attack to a target other than the opponent.^[47]

ITF competitions also feature performances of patterns, breaking, and 'special techniques' (where competitors perform prescribed board breaks at great heights).

Other organizations

American Amateur Athletic Union (AAU) competitions are very similar, except that different styles of pads and gear are allowed.^[48]

Apart from WTF and ITF tournaments, major taekwondo competitions (all featuring WTF taekwondo only) include:

- Universiade
- Asian Games
- African Games
- European Games
- Pan American Games
- Pacific Games



Common styles of ITF point sparring equipment

8. "ITF Theory of Power". Retrieved September 11, 2014.
9. Kim, Sang H. (2002). *Martial Arts Instructors Desk Reference: A Complete Guide to Martial Arts Administration*. Turtle Press. ASIN B001GIOGL4.
10. "ITF Austria". Retrieved September 16, 2014.
11. "ITF United Kingdom". Retrieved September 16, 2014.
12. "ITF Spain". Retrieved September 16, 2014.
13. "ATA History". Retrieved September 7, 2014.
14. "The Jhoon Rhee Story". Retrieved September 7, 2014.
15. "WTF History". Retrieved September 7, 2014.
16. *full contact martial arts* <http://www.fullcontactmartialarts.org/kun-gek-do-korean-kickboxing.html>. Retrieved 11 November 2016. Missing or empty |title= (help)
17. "American Taekwondo Association | Martial Arts, Karate, Tae Kwon Do, Tae-Kwon-Do". *www.ataonline.com*. Retrieved 2015-06-26.
18. Website, A. "Blue Cottage Taekwon-Do". *www.bluecottagekd.com*. Retrieved 2015-06-26.
19. "Main". *www.gftaekwondo.com*. Retrieved 2015-06-26.
20. "World Taekwondo Headquarters". *www.kukkiwon.or.kr*. Retrieved 2015-06-26.
21. "Home - Jhoon Rhee Tae Kwon Do - Arlington". *Jhoon Rhee Tae Kwon Do - Arlington*. Retrieved 2015-06-26.
22. "U-Nam The Forgotten ITF Pattern" (PDF). Blue Cottage Taekwondo. Retrieved January 5, 2016.
23. Choi, H. H. (1993): *Taekwon-Do: The Korean art of self-defence*, 3rd ed. (Vol. 1, p. 122). Mississauga: International Taekwon-Do Federation.
24. Kukkiwon (2005). *Kukkiwon Textbook*. Seoul: Osung. ISBN 978-8973367504.
25. Capener, Steven D.; H. Edward Kim (ed.) (2000). *Taekwondo: The Spirit of Korea (portions of)*. Korea: Ministry of Culture and Tourism, Republic of Korea. "Korea has a long history of martial arts stretching well back into ancient times. Written historical records from the early days of the Korean peninsula are sparse, however, there are a number of well-preserved archeological artifacts that tell stores of Korea's early martial arts.", "taekwondo leaders started to experiment with a radical new system that would result in the development of a new martial sport different from anything ever seen before. This new martial sport would bear some important similarities to the traditional Korean game of taekkyon."
26. Seth, Michael J. (2010). *A History of Korea: From Antiquity to the Present*. Rowman & Littlefield Publishers. ISBN 978-0742567160.
27. Cummings, B. (2005). *Korea's Place in the Sun*. New York, NY: W.W. Norton.
28. Park, S. W. (1993): About the author. In H. H. Choi: *Taekwon-Do: The Korean art of self-defence*, 3rd ed. (Vol. 1, pp. 241–274). Mississauga: International Taekwon-Do Federation
29. Glen R. Morris. "The History of Taekwondo".
30. Cook, Doug (2006). "Chapter 3: The Formative Years of Taekwondo". *Traditional Taekwondo: Core Techniques, History and Philosophy*. Boston: YMAA Publication Center. p. 19. ISBN 978-1-59439-066-1.
31. Choi Hong Hi (1999). "ITF Information interviews with General Choi.". The Condensed Encyclopedia Fifth Edition. Archived from the original on 2009-09-18. *Young Choi's father sent him to study calligraphy under one of the most famous teachers in Korea, Mr. Han II Dong. Han, in addition to his skills as a calligrapher, was also a master of taekkyeon, the ancient Korean art of foot fighting. The teacher, concerned over the frail condition of his new student, began teaching him the rigorous exercises of taekkyeon to help build up his body.*
32. S. Benko, James. "Grand Master, Ph.D". *The Tenants Of Tae Kwon Do*. ITA Institute. Retrieved 13 March 2013.
33. "ITF More Culture". Retrieved September 11, 2014.
34. "ITF Philosophy". Retrieved September 11, 2014.
35. "WTF Philosophy". Retrieved September 11, 2014.
36. "Kukkiwon Philosophy". Retrieved September 11, 2014.
37. World Taekwondo Federation (2004). "Kyorugi rules". *Rules*. *www.wtf.org*. Archived from the original on 2007-07-02. Retrieved 2007-08-11.
38. World Taekwondo Federation (2010): Competition rules & interpretation (http://www.wtf.org/wtf_eng/site/rules/file/WTF_Competition_Rules_and_Interpretation_GA_Passed_on_Mar_2_2010_with_photo.pdf) (2 March 2010, p. 5). Retrieved on 31 May 2010.
39. Article 18 (http://www.wtf.org/wtf_eng/site/rules/file/WTF_Competition_Rules_and_Interpretation_GA_Passed_on_Mar_2_2010_with_photo.pdf)
40. p.26 Article 11 (http://www.wtf.org/wtf_eng/site/rules/file/WTF_Competition_Rules_and_Interpretation_GA_Passed_on_Mar_2_2010_with_photo.pdf)

41. Gomez, Brian (August 23, 2009). "New taekwondo scoring system reduces controversy". *The Gazette*.
42. "British taekwondo chief says new judging system is far from flawless". *morethanthegames.co.uk*. Archived from the original on 26 December 2010.
43. World Taekwondo Federation (Oct 7, 2010): Competition rules & interpretation ([http://www.wtf.org/wtf_eng/site/rules/file/Competition_Rules_\(Tashkent_version_final_2010\).pdf](http://www.wtf.org/wtf_eng/site/rules/file/Competition_Rules_(Tashkent_version_final_2010).pdf)) (7 October 2010, pp. 31–32). Retrieved on 27 November 2010.
44. "WTF World Taekwondo Federation". *wtf.org*.
45. "main - World Taekwondo Federation". *World Taekwondo Federation*. Retrieved 2016-04-30.
46. "itf-information.com". *itf-information.com*.
47. ITF World Junior & Senior Tournament Rules - Rules and Regulations
48. "AAU Taekwondo > Rules/Info > Rules Handbook > 2015 AAU Taekwondo Handbook Divided By Sections". *www.aautaekwondo.org*. Retrieved 2015-06-13.

Retrieved from "https://en.wikipedia.org/w/index.php?title=Taekwondo&oldid=755338394"

Categories: Taekwondo | Korean martial arts
 | Summer Olympic sports | Combat sports | Mixed martial arts styles
 | Sports originating in Korea



Wikimedia Commons has media related to:
Taekwondo (category)



Look up ***taekwondo*** in Wiktionary, the free dictionary.

- This page was last modified on 17 December 2016, at 12:14.
- Text is available under the Creative Commons Attribution-ShareAlike License; additional terms may apply. By using this site, you agree to the Terms of Use and Privacy Policy. Wikipedia® is a registered trademark of the Wikimedia Foundation, Inc., a non-profit organization.