



HED TKD

TAE KWON-DO SCHOOLS

Information for beginners in Tae Kwon-Do

(general things you might like to know about TKD)

TAE KWON DO:

Tae Kwon Do is a Korean Art practiced for many centuries for self defence.

Tae Kwon-Do means: Foot (Tae), Hand/Fist (Kwon), The way of or art (Do)

As a beginner you are a 10TH Kup (10th Grade).

Grades start from 10TH Kup then go on to 1ST Kup and then go on from 1ST Dan black belt upwards.

Simple terms.

Tae Kwon-Do is a Korean art and each English term has an equivalent Korean name. Depending on your grade, age and ability and as your TKD knowledge increases, your instructor(s) will teach you any terms that you may need to remember.

English

Attention
Bow
Ready
Start / begin
Training Hall
Training Suit
Belt

Punch
Kick

Stance
Walking stance
Sitting stance
Attention Stance
L Stance

Block

Inner Forearm
Outer Forearm

4 Directional Punching

Low section
Middle section
High section

This is GENERAL INFORMATION for anyone starting out in TKD. All beginners (10th Kup) and every grade above should also read and study the information outlined on their

GRADING INFORMATION SHEET

which exist for every grade (10th Kup, 9th Kup, 8th Kup... etc.) in the **RESOURCES** section of our website at www.hedtkd.com . Just click on Resources > coloured belt > your grade and then look at (& download) the pdf and other information on the page.

Your white belt colour means:

White signifies innocence, as the beginner student who has no previous knowledge of Tae Kwon-Do.