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태권도

TAEKWON-DO

THE MARTIAL ART OF SELF DEFENCE



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WHAT IS TAEKWON-DO ?

Taekwon-do is a Korean martial art, formed from an amalgamation of a number of other martial arts by General Choi Hong-Hi in 1955. The words “Taekwon-do” in Korean, literally mean “kicking and punching art”. The style was created as a combat discipline for use by the Korean army. The modern formation of the art and its subsequent biophysical and ergonomic correctness have made it one of the most popular and fastest growing of all the martial arts which have spread to the western world today. Teaching today is still in an eastern “watch, try and learn” manner, but tempered with intelligence and understanding of the unusual body movements required, making Taekwon-do safe and low on personal injuries, even though, it is a “hard” (or powerful) style. Taekwon-do may be practised on many levels - purely for exercise (a major workout), for self-defence, or as a competitive sport. These qualities make taekwon-do ideal for practitioners of all ages, shapes and sizes.



The black belt is just a white belt who never quit

THE TAEKWON-DO TENETS



The Doctrine of Taekwon-do is simple and mandatory. It should be memorized and lived by all students of Taekwon-do.

COURTESY

A person's country, flag, parents and instructor should always be treated with the utmost respect. Courtesy and respect should be extended to all students in general and higher belts in particular, as well as any other human being.

INTEGRITY / MODESTY

Taekwon-do students are expected to be humble about their accomplishments. Braggarts and bullies have no place in the arts. A feeling of pride in achievement is good but it should not be broadcast idly about.

PERSEVERANCE

From time to time, in any activity a person may become discouraged. This is particularly true if the activity is challenging enough to be truly worthwhile. One should never become a quitter. Never give up.

SELF-CONTROL

One should never lose his or her temper. Any personal skills learned over a period of time are seriously diminished if the person cannot retain control over emotions.

INDOMITABLE SPIRIT

In a way this is an expansion of all of the other points. A Taekwon-do person should use the skills and education to fight injustice. One should strive to overcome personal weakness in all things and be a credit to the art and to oneself, always.



THE HEADMASTER BIOGRAFY

These is the little insight into headmaster past history.

- *Born in Paphos–Cyprus in 1973,*
- *He loves gymnastic and he is very good at sports, since school he took part in many sports competitions.*
- *Started taekwon-do in 1989 in paphos, soon as he was good he*

discriminated of the others student for his abilities and the personality he has.

When he become red belt, his teacher entrust him to train a group of students.

- *1991-1993 as he serves Cyprus army he still train him self in taekwon-do.*
- *1994 became black belt 1st dan by grand master kwon,jae-hwa in Paphos-Cyprus*
- *1995 established taekwon-do Black Belt Center chlorakas in Chloraka – Paphos*
- *1998 Become an affiliate of International school of Paphos and maintains cooperation until today.*
- *1999 became 2 dan in New York city by grand master Kwon,jae-hwa*
- *2004 established the Body,Mind,Spirit training center in Mesoyi-Paphos*
- *2005 became 3 dan in New York city by grand master Kwon,jae-hwa*
- *2009 organizer of the 20 years taekwon-do in cyprus the biggest festival of traditional taekwon-do Cyprus with 370 athletes of Cyprus, Greece, Germany, Austria, and Korean under control of the grand master Efstratio Papadelli 6 dan.*
- *In that festival become 4 dan by grand master Efstratio Papadellis.*

Also, participated since 1995 in numerous courses at home and abroad.



Never forget that.....

By regular physical and spiritual exercise man creates balance and calmness he is trained to be self-disciplined and he also develops the right attitudes in his life behavior.

Taekwon-Do prepares students to have a strong body, mind and spirit which enables them

-To face any difficulties easily

-To be self disciplines by understanding and correction their mistakes.

-To respect their acquaintances and inspires respect.

-To be modest and calm.

-To help those in need

What Tae Kwon-Do is

Taekwo-Do is the name after the Korean martial art of self-defence with feet (Tae)and hands(Kwon) WHILE Do means mind.

Taekwon-Do is a movement for body and mind. It conveys respect, modesty, courtesy and self discipline. It also promotes modernization in concentration and reaction and also patience and perseverance .Whether Masters or Novice, Young or Old Taekwon-Do trains their mental and Physical skills and promotes their harmonica co-operation through the assistance of a long-lasting training.

Taekwon-Do is not just a common sport but it is a way of life. It is a long-life challenge and chance to preserve our health and our preserve strength for whole lif

Advantages of Taekwon Do

Taekwon-Do does not only train and improve our physical condition.

-It improves our skeletomuscular and heart-respiratory system.

-It improves our strength, our velocity, our looseness, our explosive temper and also makes better our neuromuscular connection and coordination.

-It fights our every day stress

-It improves discipline, respect and self –discipline.

Who can learn Taekwon-Do

Everyone who loves learning either male or female young or old is able to learn traditional Tae-Kwon Do .It is not necessary to be agile when there is a will there is a possibility to learn.

Do children become violent getting involved in Taekwon-Do

There no case matter children to become violent because they are trained in Taekwon-Do. On the contrast traditional Taekwon-Do teaches discipline, calmness, self-control and the principles of dialogue which are the only way to solve a problem. I t demands more strength and self-confidence from trainees in order to avoid involvement in fights and trashing.

Besides, excessive energy which could lead in wrong action is channeled in training. Students have to conform to school regulations with respect which results to a better behavior.

They are also trained in techniques and practices which improve the level of the concentration to an object for a long period of time.

Taekwon-Do from an athletic medical point of view.

Balance and variety are of great importance in traditional Taekwon-Do exercises which are practiced harmonically in it.

All forms of physical condition such as stamina, strength, explosiveness, flexibility and co-ordination are the main tasks of the sport. A complete, very demanding program is followed concerning the joints of the athlete which prevents sessions and injuries and even more cures many chronic complaints of them.

Orthosomics are also adopted in Taekwon-Do as in many sports of the Budo category. This contributes in prevention of the spinal column problems undoubtedly an athlete of the traditional Taekwon-do obtains all the above benefits which help him have long-life good physical and psychological health.

What advantages does TAEKWON-DO have to offer?

Taekwon-Do not only improves your general fitness but also improves the whole muscular and cardio-respiratory system. It improves strength, speed, flexibility, explosive power and neuromuscular coordination. It also helps us fight daily stress and improves discipline, respect and self-confidence.

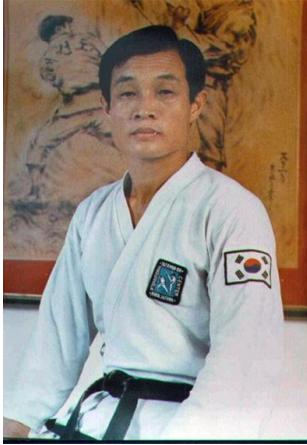
Do children become aggressive with Taekwon-Do?

No, in no case. On the contrary, Taekwon-Do teaches discipline, composure, self-control, respect and that the only way for someone to solve a problem or a misunderstanding is through dialogue. Indeed it is taught that more strength and self-confidence is required to avoid conflict rather than get involved in conflict. Apart from this, any surplus energy which could take the wrong path towards unpleasant consequences is transferred through training. Children must respectfully obey the rules of the school. This also means better behavior at school. They are trained in techniques and exercises which improve the level of their consequences on an object for an extended period of time.

Taekwon-Do from an athletic medical point of view.

Emphasis is given on the variety and the balance which coexist in harmony. All types of training are applied and all aspects of physical fitness are exercised such as endurance, strength, explosive power, flexibility and coordination. A complete training program is followed so that all joints must be fully exercised which prevents or even improves considerably chronic diseases. The upright position is also applied just like in many sports of the Budo family which contributes to the prevention of spine malady. Taekwon-Do with all these advantages help the trainees to have a good physical and psychological balance.

GRAND MASTER KWON JAE HWA



Born in 1937 in Pusan, South Korea. As a child he started learning TaeKwon-Do and showed huge potential and a special talent for the art.

Grand Maater Kwon, Jae-Hwa found in Ha Dae Yeong, 6 DAN an excellent teacher who devoted his time to train his trainee (Master Kwon) into a special athlete.

At a later stage, Master Kwon, was trained by the highest of all instructors of the TAE KWON-DO General Choi Hong Hi 9th DAN

During his TaeKwon-Do training, master Kwon took his degree in economics at Pusan. When he finished his studies, he worked as a journalist for

the biggest newspaper in Pusan. When he was 24 years old he undertook the administration of the biggest TaeKwon-Do school in Pusan with 5,000 members. In 1964 he became the technical manager of Pusan`s club with about 30,000 active members:

1965. *Leader and member of the TAEKWON-DO mission sent by General Choi Hong Hi, starting from Korea to spread TKD Europe, Middle East and Asia.*

1966. *Technical Supervisor of the German TKD association and founded TKD centers in Europe and Middle East.*

1972. *Official National coach at TKD department Judo association.*

1973. *Became 7th DAN from the International TKD federation Leading Instructor of New York TKD center and examiner at the American amateur association.*

1974. *Established the international Black Belt center in Fort Lauderdale / Florida.*

1980. *Established the international Black Belt center or Traditional TKD in Munching.*

1983. *Official technical manager and examiner of Traditional TKD in Greece*

1984. *Founder of international TKD center in New York.*

1987. *Established a new center in Dania / Florida*

1989. *Published the work of Po Eun 11th Hyong*

1990. *Officially became Technical manager and examiner of TKD in Cyprus.*

- 1991.** Organizer of the biggest TKD demonstration with over 1500 athletes taking part at Circus Crone in Munching.
- 1992.** TAEKWON-DO Gala "The Best of the world" in Erlangen / Germany.
- 1993.** Established the Traditional TAEKWON-DO world federation.
- 1995.** 14th of October celebrations of the 30 years of Traditional TKD in Europe and America at circus Crone in Munching.
- 1998.** Celebration of the 20 years of master Efstradios Papadellis school in Erlangen / Germany
- 2000.** June 24 celebrations of the 35 years of traditional TAEKWON-DO in Europe and America at circus CRONE in Munching/Germany.
- 2005.** 40 years of traditional TAEKWON-DO in Europe and America at circus CRONE in Munching/Germany.

Grand Master Kwon, Jae Hwa is the organizer of hundred of demonstrations in America, Asia, Africa and Europe with almost 8,000 spectators in each.

TaeKwon-Do makes you strong in body, mind and spirit.

"...We learn TaeKwomn-Do in order to build our bodies and our minds to grow stronger in love of our country, in love of justice and right. We do not have to prove to people how strong we are – our goal is to continue to become more powerful, and when we become strong we should live humbly, directing our power towards helping the weak. To become champions of justice our spirits must be indomitable and this we should never forget...."

ROCK BREAKING PHENOMENON FOR LABORATORY STUDIES



It is not only the personality of Kwon that makes an impression on the spectator. The biggest impression is **rock breaking**. Even a spectator with no knowledge about TKD can realize that, this doesn't have to do with just power or simple technique.

Ordinary cameras could not record the power of the break because of the high speed used. So the recording was done at the BMW factory in Munich at the

department where the safety and the strength of the cars were recorded. In this department they measured the power used by Master Kwon to break a rock.

A special instrument was used called manometer, which could count a power of 100.000 Newton (10 tones) with only 0,3% possibility of mistake. Also special cameras were used with a very good recording system. So there couldn't be any chance of mistake during the recording.

The greatest power Master Kwon released against a rock was 10.000 Newton (1 tone) In 0,0015 second.

This proved the amazing spiritual power of the Grand Master Kwon Jae Hwa whose unstamped spirit and the faith into what he teaches prove that even a rock can be broken as long as we train very hard and for a long time.



TAE means foot, **KWON** hand, and **DO** is the way Nobody has ever failed with the technique when following its path with faith. Grand Master Kwon Jae Hwa teaches beliefs in persistence and self-control

PHILOSOPHY BEHIND BELT COLOR

WHITE.



The Color of light which gives the appearance of purity and brilliance, but when directed through a prism we can see that it is composed of all the other colors of the spectrum. So it is with the beginner, he is the seed hidden behind the white of winter's snow without knowledge of the control of the mind over the body, which is basic to Taekwon-do.

YELLOW.



This represents the warmth of the winter's sun that melts the snow and allows the seed to germinate like the student is beginning to see the sunlight.

GREEN.



This is the color of the sprout and represents the spring when growth and activity abound. This is the beginning of conscious and purposeful action, represents the seedling just beginning to grow.

BLUE.



This is the color of youth, ambition and rapid growth. The seedling is now reaching for the blue sky

RED.



This represents the summer's sun that swelters with the intensity of the flowering arts. The student has good technical knowledge, which can be dangerous since he, or she still lacks control and discipline.

BLACK.



This is the color of mastery. No color added to this color can change or improve it. This completes a cycle that is now begun again. The student is approaching the beginning of Taekwon-do master..

MEANING OF FORMS (HYONG)

FORMS

INTERPETATION

1. **CH'ON-JI**.....Means the Heaven and Earth. The creation of the world or beginning of human history. The pattern is two parts; one to represent the Heaven, the other to represent the Earth. There are 19 movements.
2. **TAN-GUN**..... This form is named after the Holy TAN-GUN, the legendary Founder of Korea, in the year 2334 B.C. There are 21 movements.
3. **TO-SAN**.....The pen-name of the patriot AN CH'ANG-HO (1876-1938) who devoted his entire life to furthering the education of Korea and its Independence Movement. There are 24 movements.
4. **WON-HYO**.....Was the name of the noted Monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. There are 28 movements.
5. **YUL-KOK**.....Is the pen-name of a great philosopher and scholar YII (1536-1584), nicknamed the "CONFUCIUS OF KOREA.." There are 28 movements.
6. **CHUNG-GUN**.....Is named after the patriot AN CHUNG-GUN who assassinated HIRO - BUMI ITO, the first Japanese Governor-General of Korea, known as the man who played the leading part to the Japan-Korea merger. The 32 movements refer to his age at death when he was executed at LUI - SHUNG prison.
7. **T'OI-GYE**.....Is the pen-name of the noted scholar YI'HWANG (16th Century A.D.) an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37'Latitude, the diagram (1) represents scholar.
8. **HWA-RANG**.....Is named after the HWA-RANG Youth Group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. There are 29 movements.
9. **CH'UNG-MU**.....Was the given name to the Great Admiral YI SUN-SIN of the Yi Dynasty. He was reputed to have invented the first armored battleship (1592 A.D.) (KOBUKSON) which was the forerunner of the present day submarine. The reason this pattern ends up with the left-hand attack is to symbolize his regrettable death, having on chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. There are 30 movements.

DOJANG RULES

There are some courtesy rules and rules of conduct in a Taekwon-do Dojang. People from the Western Hemisphere sometimes have problems to understand some of these rules at the beginning of their Taekwon-do study. But it is important to pay attention to these rules. In a Martial Arts class, techniques will be practiced, which could do major harm to the partner, if they aren't done with the necessary focus.

- *Be on time for class schedule*
- *Bow on entrance and leaving the dojang, as well as before any partner exercise.*
- *Wear a white and clean Tobok, without patches and lettering.*
- *Don't wear an undershirt (except women).*
- *Bind your belt before entering the Dojang. Use the correct knot.*
- *Don't wear shoes, watches or jewelry during class.*
- *Pay attention to hygiene. Especially shorten your toe and fingernails.*
- *Don't open or close windows without permission of your teacher*
- *No unnecessary talking and no loud laughing during class.*
- *Keep quiet during sitting down. Sit down on the ground, don't lean on the wall.*
- *Don't leave the Dojang during class without permission of the teacher.*
- *Don't practice free sparring without permission.*
- *Don't eat drink and smoke inside the Dojang.*
- *Pay attention to the orders of your teacher.*
- *Respect your teacher and any partner. Be courteous and helpful.*

Most of these rules should be a matter of course even during normal life. (Courteousness, Hygiene etc.)

One of the most unusual rules for western people is that bowing is a way to show respect, and also has some symbolic meaning depending on when you are bowing.

- ***On entering and leaving the Dojang.***

With the bow you enter the Dojang, you are stating that the daily routine ends here, and now you are concentrating on Taekwon-do solely. Similarly, With the bow on leaving, you are stating that the Taekwon-do exercise is now off. (You could now concentrate on your Girl-or boyfriend again.)

- ***At start and end of class.***

At the beginning and end of the class, the students are bowing to the teacher and the teacher to the students. Through the bow, the students state their respect for the authority and person of the teacher. Also the teacher states his respect to his students.

- **Before and after a partner exercise.**

The partners bow together. This shows that they respect each other regardless of age, race or personal differences. Also this states that they would pay attention to their techniques, so that the partner will not be endangered.

- **Before and after a Kyek Pa**

Taekwon-do is not intended for destruction. As during a board break something would be destroyed, the practitioner has to get the permission of his teacher (or the examiner). This is done through the bow.

I have set forth the following philosophy and guideline which will be the cornerstone of Taekwon-do and by which all serious students of this art are encouraged to live.

1. *Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.*
2. *Be gentle to the weak and tough to the strong.*
3. *Be content with what you have in money and position but never in skills.*
4. *Always finish what you begin, be it large or small.*
5. *Be a willing teacher to anyone regardless of religion, race or ideology.*
6. *Never yield to repression or threat in the pursuit of a noble cause.*
7. *Teach attitude and skill with action rather than words.*
8. *Always be yourself even though your circumstances may change.*
9. *Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.*



RULES OF THE SCHOOL

I. **Respect each other:** The discipline of TAEKWON-DO is built on respect. Students must respect each other and have good friendship through the practice of this Martial Art. Especially students are to display absolute respect for our sambum-nim (Master Kwon) at all times. Basically this respect is shown by bowing when entering or leaving his presence and remaining until instructed to do otherwise. Students should call Master Kwon Sambum-Nim.

II. **Behavior in the school:** The world of TaeKwon-Do is different from the outside world; everyone is expected to abide by the rules herein outlined.

A. All Students of Will:

1. Bow to Sunbum-Nim when entering and leaving the school whether he is looking at you or not, red belts and lower bow to black belts.
2. Bow to flags when entering and leaving the training area.
3. Respect all higher belts.

B. When Class is Called To Attention:

1. The highest rank in class, other than black belts, should have everyone line up a few minutes prior to starting time, to await arrival of the instructor.
2. Students must run to line up according to RANK, beginning with black belts and going back to new white belt.
3. Students must execute all commands instantly and with enthusiasm.
4. Late students desiring to enter class must kneel at the edge of the training floor until the instructor motion him into class.
5. Students having to leave class early must let the instructor know before class starts. Otherwise, no one may leave before class is ended.

C. Students Are Not Allowed.

1. To smoke in the school.
2. To move, or look in any direction except forward while standing at attention or at ease in class.
3. To laugh, talk aloud, whistle, or cause disturbance in the locker room or on the sidelines while class is being conducted.
4. To chew gum in class.
5. To fool around during class breaks.
6. To wear shoes on the training floor.
7. To wear jewelry on the training floor: ie, rings, bracelets, medals, etc.

III. **Higher ranks are especially cautioned to adhere to these rules and to make sure all lower belts observe them.**

NUMBERS USED IN COUNTING

1.....	Hah na
2.....	Dool
3.....	Seht
4.....	Neht
5.....	Dah Sut
6.....	Yuh Sut
7.....	Eel Kohp
8.....	Yu-Dul
9.....	Ah-Hohp
10.....	Yul

GENERAL KOREAN TERMINOLOGY OF TAEKWON-DO USED

Sahbum-Nim.....	Our Master Instructor
Kyosah-Nim.....	Our Chief Instructor
Je Jah.....	Student
Do-Jang.....	Taekwon-do Gymnasium
Do-Bok.....	Taekwon-Do Uniform
Cha Ryut.....	Attention
Kyung Ye.....	Bow
Juhn Bee.....	Ready
Shee Jahk.....	Start
Go Mahn.....	Stop
Dolra.....	About Face
Tae Ryon.....	Sparring Fighting
Kyek Pa.....	Power test
Kwan su.....	Spear Finger
Pal Kup.....	Elbow
Makki.....	Block
Chiruki.....	Punch
Yok Sudo.....	Reverse Knife Hand
Sudo.....	Knife Hand
Rikwon.....	Back Fist
Chon Kwon.....	Fore Fist
Hosisnsul.....	Self Defense
Hyong.....	Form
Sogi.....	Stance
Chongul Sogi.....	Forward Stance
Hugul Sogi.....	Back Stance
Kima Sogi.....	Horseback Riding Stance
Ap Changi.....	Front Kick
Yop Chagi.....	Side Kick
Tollyo Chagi.....	Turning Kick
Pandae Tollyo Chagi.....	Reverse Turning Kick
Ttwimyo Chagi.....	Flying Kick
Pituro Chagi.....	Twisting Kick
Bahl Ohlligi.....	Limbering Up Kick

SPORT VS ART

Traditional TaeKwon-Do is the original art form of TaeKwon-Do. It differs from modernized form of TaeKwon-Do and other martial art in that it does not emphasize competition.

Competition for titles and awards is alien to the true spirit of the martial arts. A traditional martial art was never intended to be sport with winners and losers, but rather a path towards each students own self-realization. In essence, the martial arts serve as a vehicle for personal development.

The newer "sport" Taekwon-Do is almost always full contact and is geared towards tournament competition.

In traditional TaeKwon-Do, the aim is to strengthen the mind and body and to promote creativity through self-expression, not to break down or destroy. Emphasis is place on each students own self-improvement rather than on competition with others.

When a martial art becomes a sport involving audiences and money-making events, it becomes something it was not intended to be.

So many martial arts schools are still in the mindset that all we need to teach are the physical skills or the sport aspect of the martial art. These schools are getting complacent because they are making a great deal of money teaching this way.



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Junior black belt worth anything?

I did taekwondo for six years, i worked really hard and got bruised and battered heaps. i was twelve when i got my black belt and i was very proud. although recently i was told kids cant become black belts, that they are graded simple so the organisations can make money. i broke boards and everything, i stood up with the adult as they handed out my belt. i have always understood that i was not as good as a older black belt and at some clubs i was classified as a junior. i trained so hard to get where i am and i was told i could do it. am i really a black belt or was it all a scam?

ANSWER

It doesn't matter what colour your belt is, it's about what skills you have. If you feel you can still perform all the techniques you needed to for your black belt grading and that they are usable in real situations and serviceable then thats what is important. The question is, were you required to perform the same techniques as adults grading to black? If yes, then its a black belt. If no (which is more likely) then its a watered down version. But that doesn't mean that what you learned is worthless at all, each technique is still exactly the same technique regardless of who is doing it or what colour their belt is. Just be glad you got the chance to study to that level by that young an age, and realise it means as you continue training you are better off than others who start later.