

What is Tae Kwon Do?

Tae Kwon Do when literally translated means the way of the hands and feet and is a Korean art of self-defense involving the entire body. It is designed as a non-violent martial art that focuses on accuracy, quickness and power as well as a complete work-out for the mind and body. It includes physical techniques, mental disciplines and a deep philosophy. Tae Kwon Do is more than the physical aspects. It is also a state of mind. The control of one's mind, self-restraint, kindness and humility must accompany the physical skills. This control is what makes Tae Kwon Do an art. The essence of Tae Kwon Do is to make the individual aware of his natural strengths and of how to apply them to the greatest advantage. In this way, the individual overcomes our only real weakness: our lack of faith and the limitations we place on ourselves.

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The Mountain Academy
of Martial Arts

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Tae Kwon Do



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What are the benefits?

Physical

- Improve Coordination
- Increase Flexibility
- Better Balance
- Improve Muscle Tone
- Increase Strength and Stamina
- Improve Agility and Reflexes
- Muscle Control
- Reduce Stress

Mental

- Increase Self Confidence
- Improve Self Esteem
- Increase Self Discipline
- Improve Concentration
- Goal Achievement
- Self Achievement
- Fitness With a Purpose
- Reduce Stress
- Develop New Skills
- Make Friends and Have Fun

Philosophical

- Patience
- Respect
- Courtesy
- Discipline
- Honesty
- Hard Work
- Loyalty
- Achievement
- Perseverance



What do the belts mean?*

White

White symbolizes a stage of purity and innocence of the novice student

Yellow

Yellow symbolizes the earth into which the seed of knowledge is planted and takes root as a foundation of knowledge is being laid

Green

Green symbolizes the tree of knowledge sprouting from the ground

Blue

Blue symbolizes the Heavens toward which the tree of knowledge is reaching

Red

Red symbolizes danger. The student has enough knowledge to do a great deal of harm, but does not yet have complete control

Black

Black symbolizes imperviousness to darkness and fear.

The Tenets of Tae Kwon Do

Yeu – Courtesy

Yom Chi – Integrity

Im Nae – Perseverance

Guk Gi – Self Control

Baekjul Boolgool – Indomitable Spirit

