

## Taekwondo Review Page

### Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Self-Control
5. Indomitable Spirit

### Taekwondo Oath

1. I shall observe the Tenets of Taekwondo.
2. I shall respect instructors and seniors.
3. I will never misuse Taekwondo.
4. I will be a champion of freedom and justice.
5. I will help build a more peaceful world.

### EMA Student Creed

1. I intend to develop myself in a positive manner and avoid anything that would harm my physical growth or mental development.
2. I intend to develop self-discipline, in order to bring out the best in myself and others.
3. I intend to use what I learn in class in a constructive and defensive manner, to help myself and others and to never be abusive or offensive.

Stance

Punch

Block

Kick

Front Kick

Axe Kick

Outside Crescent Kick

Inside Crescent Kick

Roundhouse Kick

Side Kick

Back Kick

Spin Hook Kick

“The Way of the Foot and Fist”

ELMHURST  
MARTIAL ARTS

Seogi

Jiroogi

Makki

Chagi

Ap Chagi

Naeryo Chagi

Bakkat Bandal Chagi

An Bandal Chagi

Dollyo Chagi

Yeop Chagi

Dwi Chagi

Dwi Hooroogi

Taekwondo