



***International<sup>®</sup>  
Taekwon-Do***

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*Supporting*

# New Zealand Curriculum Values



## The Tenets of Taekwon-Do

The tenets are a guide to help us to decide how, why, and when to use Taekwon-Do.

**Reflect on your own life and complete the boxes with a description of a time when you demonstrated each tenet.**

Tenet	Meaning	Describe a time when you demonstrated this in your everyday life
Courtesy	Being polite, using manners and respecting adults, teachers and parents.	
Integrity	Being honest and knowing the difference between right and wrong.	
Perseverance	Trying hard and never giving up.	

## The Tenets of Taekwon-Do

Tenet	Meaning	Describe a time when you demonstrated this in your everyday life
Self-control	Thinking before you act, controlling your temper and not misusing skills you learn at Taekwon-Do.	
Indomitable Spirit	Having the courage to stand up for what you believe in and doing what you know is right.	

## The Father of Taekwon-Do

General Choi Hong Hi was the founder of Taekwon-Do.

Read the information below and do your own research to find out more about his life and the history of Taekwon-Do.

*General Choi Hong Hi was born on November 9th 1918, in the Hwa Dae Myong Chun District of Korea. At the age of twelve he started to study an ancient Korean method of fighting with the feet, called Taek Kyon. Later, when he was studying in Japan, he met a Karate teacher who helped him earn his first degree Black Belt in less than two years. He then intensified his training, striving to earn his second degree. Around the same time, he started teaching.*

*During World War II, he fought with the Japanese army and was posted to Pyongyang where he was imprisoned. In January 1946, he was a company commander in the Korean army and began to teach Karate to his soldiers as a means of physical and mental training. It was then that he realised he needed to develop a Korean martial art, and with this in mind he began to develop new techniques.*

*In 1952, at the height of the Korean War, there was a martial arts exhibition where Choi Hong Hi's senior student Mr Nam Tae Hi smashed 13 roof tiles with a punch. Following this demonstration, South Korean President Syngman Rhee instructed General Choi to officially introduce the martial arts to the Korean army.*

*In April 1955 the various martial arts schools were combined under the name "Taekwon-Do", which means "the way of the feet and the hands".*

*General Choi Hong Hi died of cancer on June 15th 2002.*

Write a tribute to General Choi Hong Hi, picking out the most important events in his life.

### **How to write a tribute**

#### **The beginning**

The introduction only needs to be brief and usually sums up the person's life or character, or a really important achievement.

#### **The middle**

Write the main body of the tribute as if you were talking to someone on the phone or writing a letter. See if you can find any interesting quotes about the person.

You can divide this part into sections if you wish.

- Personal History
- Personal Qualities
- Acts and Deeds

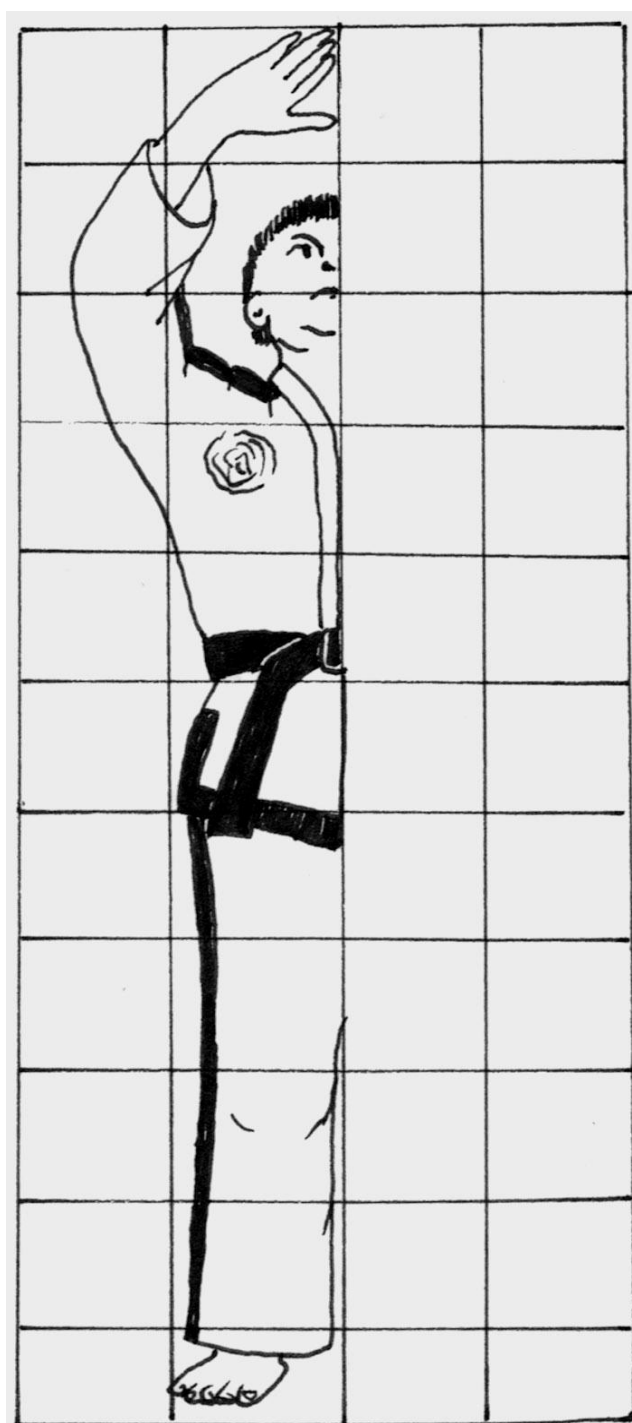
#### **The end**

Sum up the person's life journey. People often include a thank you at the end of a tribute so you could imagine that you know General Choi and say why he was important to you and what he meant to you personally.

## The Father of Taekwon-Do

An important tenet of Taekwon-Do is **perseverance**. Symmetry drawing takes a lot of perseverance to get it right. Keep trying until you get it perfect!

Using a pencil, carefully complete this symmetry drawing of the founder of Taekwon-Do, General Choi Hong Hi



## The Belts of Taekwon-Do

What does each coloured belt symbolise?

**Draw connecting lines to match each belt with the correct description.**

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### Belt Descriptions

This belt stands for the sky as the tree grows tall towards it.



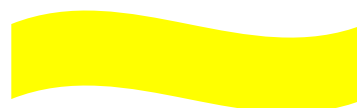
This belt stands for danger. It tells the opponent to stay away and it warns the wearer of the belt to be careful.



This belt means the person is knowledgeable and skilled in the techniques of Taekwon-Do.



This belt stands for innocence, like a beginning student who knows nothing about Taekwon-Do.



This belt stands for a plant's growth, as our skill in Taekwon-Do begins to improve.



This belt stands for the earth where a seed begins to grow.



## 2011 Taekwon-Do World Championships

The 2011 ITF Taekwon-Do World Championships were held in Wellington.

Go to the ITF World Champs website [www.itfnewzealand2011.com](http://www.itfnewzealand2011.com) and find the information to complete the medals and awards tables

**How many medals did each team win?**

2011 ITF Taekwon-Do World Championships Medal Table			
	GOLD	SILVER	BRONZE
New Zealand			
USA			
Canada			
Argentina			
Ireland			

**Name the six Best Overall Awards also won by New Zealand at the 2011 ITF World Championships**

Best Overall Awards won by New Zealand	
1	
2	
3	
4	
5	
6	

**Q. Who won the Best Junior Female award?**

**Q. Who won the Junior Male Power Breaking?**

## The 2011 ITF Taekwon-Do World Championships

New Zealand has young Taekwon-Do students all over the country, achieving great things and reaching their potential.

This year Kiwi Kara Timmer won best all round junior female and is the world power breaking champion!

**Write a story for a local newspaper about Kara's win.**

[Note: See Appendix to resource for newspaper front page template and guide]

### **Guidelines for writing a news story**

*In the first sentence, try to include the following details*

- **Who** – who is the story about?
- **What** – what is the story about?
- **When** – when did it happen?
- **Where** – where did it happen?
- **Why** – why did it happen?

### **EXAMPLE**

**Johnny Fairweather (who) marched to the Beehive (what) in Wellington (where) last week (when) to protest against a rise in the cost of milk (why).**

*After you've covered those main points you can go into more detail about the ITF Taekwon-Do World Championships 2011 in Wellington. You can give some more detail on the other medal winners perhaps. Here are some other facts about Kara that you can use in your story.*

#### **Kara Timmer**

*Kara is 17 years old*

*She first took part in the Taekwon-Do World Champs in Argentina, in 2009, where she won three first place medals*

*She has been learning Taekwon-Do since July 2006*

### **Put your story on the front page!**

Once you have written your story, you can lay it out on the front page template and illustrate it with a picture, or create your own front page design and newspaper name. Have a look at your local newspaper to get some ideas.



## The Techniques of Taekwon-Do

Match the name of the technique with the correct picture

Here is a list of techniques to help you

Bow

Front rising kick

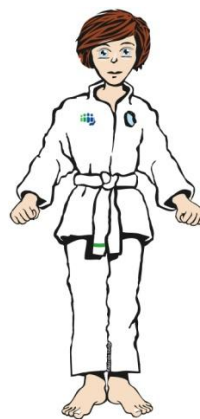
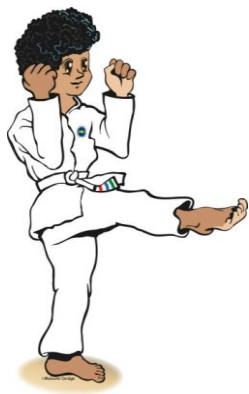
Walking stance punch

Attention stance

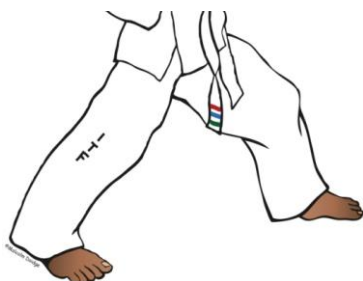
Forearm low block

Front snap kick

Walking stance



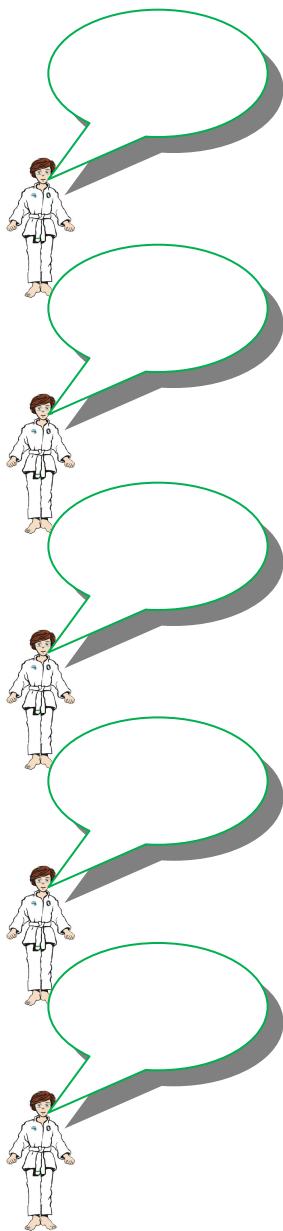


## The Language of Taekwon-Do

Taekwon-Do is a martial art that was born in Korea. There are some important Korean words that you should know.

The English words have been given to you, now translate them into Korean and write them in the speech bubbles.



***To jump or kick with the foot***

***To punch with the hand or fist***

***Art or way***

***Training Area***

***Uniform***

## The Language of Taekwon-Do

Can you count to 10 in Korean?

Complete the language table below and practice saying the numbers in Korean to your classmates!

English	Korean
One	
Two	
Three	
Four	
Five	
Six	
Seven	
Eight	
Nine	
Ten	