



Thank you for downloading our 2012 Calendar.

Photography

This years photographs were taken at the **1st Annual American Open Taekwondo Championship**. Held September 17th at Garfield Senior High School; it was hosted by America's Best Tae Kwon Do Center and directed by Master Suk H. Nam.

Form Tips

Each month features a different belt level theme (see the colored bar at the top of each page). Next to each photo, you will see a helpful tip or a factoid about that form.

Special Features

This calendar features editable days - that's right; you can type your own notes into any numbered day. As you type the text will get smaller to fit the block. You can then save all your entries by saving this file. Print it out and hang it somewhere to show your Tae Kwon Do spirit.

Printing

When printing the calendar, select "*Scale to fit*" or "*Shrink to fit*" to make sure you get every bit of the artwork on your printed page.



Practice all form movements in your mind first.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Feb 1	2	3	4



Il Jang is the foundation of all the Taegeuk forms. It is the one form that helps you with your balance.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Feb 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	Mar 1	2	3



Yi Jang represents the strength of mind.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	Mar 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Sam Jang – Represents fire. Movements should be done with passion and dynamic power.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Apr 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	May 1	2	3	4	5



Sah Jang represents thunder which instills fear and panic. To be carried out in the face of danger and fear.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	May 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Jun 1	2



Oh Jang – Represents the wind. A strong and flexible, humble state of mind.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	Jun 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Yuk Jang represents water which is flexible and dangerous, formless flowing, movement.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jul 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Aug 1	2	3	4



Chil Jang represents the mountain, symbolizes solemnity and tranquility.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Aug 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Sep 1



Pal Jang represents the Earth. This form consists of all fundamental skills of Tae Kwon Do.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	Sep 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Oct 1	2	3	4	5	6



Practice your forms out of order then work on your new form.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	Oct 1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Nov 1	2	3



Practice your forms with your eyes closed.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	Nov 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Dec 1



If you make a mistake doing a form finish it first, then do it over until it is done right.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	Dec 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Jan 1	2	3	4	5