

## Welcome

On the behalf of Taekwondo United and its members I would like to welcome you to our family. Our martial art program is designed to not only produce great quality martial artists but also students of upstanding character. We are committed to the way of life and through this environment we have been able to create an atmosphere of acceptance and learning. We believe that it is through our mistakes and experiences that we obtain true wisdom. Our motto is “Cry in the Dojang, Laugh on the Battlefield”. It is my belief that if a student is allowed to truly express oneself without the prejudices and pressures of the outside world, then that student will be able to freely explore one’s true self. Self-discovery and personal growth is the true essence of martial art training. We are excited to have you join us on this journey; get ready to sweat!

Sincerely,

Master Geoffrey Rackebrandt  
5 Dan Kukkiwon (WTF)

## History

Historians believe that over two thousand years ago, in the city of Kyoungju, Korea, the first signs of the modern art of fighting known as Taekwondo emerged. Two giants, facing each other and assuming a fighting stance, were carved on the tower wall of a Buddhist temple. Kyoungju was the capital of ancient kingdom of Silla at the time these giants were sculpted. These giants undoubtedly represent the early developments of the most popular form of martial arts today; Taekwondo.

Records show that Taekwondo was practiced as early as about 50 BC. Around this time, Korea was divided into three kingdoms: Silla, Koguryo and Baekche. Paintings on the ceiling of the Muyong-chong, a royal tomb from the Koguryo dynasty, have given evidence of the practice of Taek Kyon, the earliest known form of Taekwondo. These, as well as other paintings show unarmed combat using techniques that very much resemble those of modern Taekwondo, especially the use of the knife hand, fist and classical fighting stance.

Although Taekwondo first appeared in the Koguryo kingdom, it is Silla’s warrior nobility, the Hwarang, who are credited with the growth and spread of the art throughout Korea. Out of three kingdoms, Silla was the first to be formed, but it remained the smallest and less civilized. Because Silla’s coastline was always under attack by Japanese pirates, the 19<sup>th</sup> monarch in the Koguryo dynasty line, King Gwahggeato, sent forces to help the neighboring kingdom with this problem. It was at this time that Taek Kyon was first introduced to Silla’s warrior class, taught directly and in secret to a few Sillan warriors by early masters of the art.

These warriors trained in Tae Kyon became known as the Hwarang. They initially established a military academy for the young nobility of Silla. This later became a society called Hwarang-do or translated into English, “the way of the flowering manhood”. This society adopted Taek Kyon as part of its basic training regimen. The students of Hwarang-do

were all members of the young nobility. They were trained in several different disciplines: History, Confucian Philosophy, Tactics and Taek Kyon. The guiding principles of this educational system were based on the Five Codes of Human Conduct, as established by the Buddhist scholar Wonkang. These codes are:

- 1) Be loyal to your country
- 2) Be obedient to your parents
- 3) Be trustworthy to your friends
- 4) Never retreat in battle
- 5) Never make an unjust kill

The Hwarang traveled throughout the peninsula in order to learn more about the regions and people. These traveling warriors were responsible for the spread of Taek Kyon in Korea during the Silla dynasty which lasted from AD 668 to AD 935.

The first widely available book on the art was written during the Yi dynasty (1392 - 1909), which changed the name to Subak in order to promote the art among the general population. The popularization of Subak during this era was responsible for its survival. During the second part of the Yi dynasty, the art began losing popularity due to changes in political views of military activities. For this reason, Subak survived in few families throughout Korea which handed down the art from generation to generation. Subak, during this period was maintained by the general population instead of the nobility.

In the year of 1909, Korea was invaded by Japan and was occupied for 36 years. Japanese authorities banned the practice of any native martial art, but this only increased the interest and renewed the growth of Subak. Eventually, the underground nature of martial arts in Korea changed, when in 1943 other martial arts were introduced to the country, this caused an increase of interest in martial arts.

After Korea was finally liberated in 1945, the first Kwan to teach a native Korean martial art was open in Yong Chun, Seoul. This dojang was named the Chung Do Kwan. The same year, the Moo Duk Kwan and the Yun Moo Kwan also opened in Seoul. The following year, the Chang Moo Kwan and the Chi Do Kwan also opened schools. Seven other schools opened between 1953 and the early 1960's. Although all these schools claimed to teach the traditional Korean martial art, each one emphasized a different aspect of Taek Kyon/Subak and several names emerged: Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Dang Soo Do; besides those who claimed to teach traditional Taek Kyon.

Differences between the many Kwans prevented the formation of a regulation board for 10 years. However, these fighting methods found strong acceptance in the military, and in 1952, President Syngman Rhee watched a demonstration by Korean martial art masters. Rhee was so impressed that he ordered training in the martial arts to be adopted as part of regular military training.

On April 11<sup>th</sup>, 1955, a meeting was convened to unify the various Kwans under a common name. At first, the name of Tae Soo Do was accepted by most Kwan masters,

however, two years later the name was changed to the familiar Tae Kwon Do. This name was chosen for two main reasons, the first, because it accurately describes the nature of the art (both hand and foot techniques), and second, because it closely resembles the art's early name Tae Kyong. On September 14, 1964, the Korean Taekwondo Association was created. During the 1960's, thousands of Taekwondo demonstrators performed around the world before fascinated governments which followed up to invite Korean instructors to teach in their countries. By the 1970's, Taekwondo had a well established reputation worldwide.

On May 28<sup>th</sup>, 1973, a new worldwide organization, the World Taekwondo Federation (WTF), was formed. Since then, the WTF has regulated Taekwondo internationally. In the same year, the first biennial WTF Championships were held in Seoul as a prelude to the inauguration of the WTF. World Championships since then have been held in countries all over the world.

Under the auspices of General Association of International Sports Federation (GAISF), Taekwondo was introduced to the International Olympic Committee (IOC) in July 1980. Then, the crowning achievement of Taekwondo as a sport came in 1982 when the IOC designated it an official Demonstration Sport for the 1988 Olympic Games in Seoul, Korea; and in the 2000, Taekwondo was added to the games as an Official Olympic Sport.

Today, Taekwondo is practiced officially in over 156 countries and its membership is over 30 million people, making it the most practiced martial art in the world.

## Philosophy of Taekwondo

The literal translation of Taekwondo is, "The way of the hand and foot"; this is no more than a superficial translation. Do, in Korean, implies the philosophical approach to a way of life, a pathway to achieve enlightenment. The students of taekwondo, through continuous physical training, intend to improve themselves physically, mentally and spiritually.

The true Taekwondo practitioner extends this art to all aspects of life in order to achieve harmony with nature and thus a stable peaceful existence. Taekwondo becomes a way of life, as well as an excellent method of self-defense. These qualities can be traced back to the influence of Buddhism, and its aim of the "Mastery of Self". Through the philosophy of Taekwondo, a student can rid themselves of ego and live in harmony with the universe.

At the center of this philosophy is the concept of interaction between opposing forces in nature (Um vs. Yang or more commonly known as Yin vs. Yang). Equilibrium is only achieved when contrary forces are distributed in equal amounts, resulting in balance and harmony, when only one force dominates, however, the result is imbalance, which equals discord and certain suffering.

In today's society there are relatively fewer chances to encounter a life threatening situation that when Taekwondo was first developed. To spend several years of one's life would seem a high price to pay for the chance to defend one's self in the not-so-likely

event of a fatal attack. Therefore, it is the more spiritual part of Taekwondo what should motivate somebody to become one of its practitioners. For some people, the causes could be simply fitness or the desire to train and excel in a sport. Taekwondo will very well fit the necessities of these people; however, a true practitioner of the art should never forget the importance of the philosophical and spiritual parts of Taekwondo as well as the physical ones. Whoever makes this mistake will experience all the benefits that the art provide to its true practitioners.

Taekwondo also teaches the importance of responsibility and honesty as the means to achieve harmony with society. The true Taekwondo student is the one that knows how to behave in any place and at any time. It is very important to stress the need that our world has of trustworthy and sincere people. This is the kind of person that Taekwondo is usually associated with. This should be the insignia for which anybody could recognize the Taekwondo practitioner.

Respect, humility and a high sense of morality are also important teachings that all of those who practice Taekwondo should learn. Respect could never be over stressed, for it is respect that maintains a healthy master-student relationship. If the student does not respect their master, that student will never become worthy of the master's trust, and therefore his presence in the dojang will not be welcomed. Respect is an important subject in Taekwondo. Respect is expected from all students toward their parents, their nation, their master, fellow students and in general toward all human beings.

Humility is a quality that all serious Taekwondo students should possess. Although it is true that practicing the art of Taekwondo boosts your self-confidence, this should not convey the false sense of superiority. On the contrary, the good student should be humble and considerate. In the same way, the highest regard for morality and ethics should be observed by all Taekwondo practitioners.

## **Taekwondo Code**

Respect Each Other  
Help Each Other  
Be Honest  
Always Stand by the Weak

## **The Six Tenets of Taekwondo**

<b>Courtesy:</b>	Respect for other people.
<b>Integrity:</b>	Doing what is right, even if no one will know the difference.
<b>Self-Control:</b>	Having command over one's own mind and body.
<b>Perseverance:</b>	Maintaining one's path and goals through adversity; Never give up.
<b>Indomitable Spirit:</b>	Unconquerable; Impossible to defeat or frighten.
<b>Humility:</b>	Modesty in behavior, attitude, or spirit; Not arrogant or prideful.

## Student Pledge

I will develop myself in a positive manner and avoid anything that can reduce my mental growth or physical health.

I will develop Self-Discipline in order to bring out the best in myself and others.

I will use common sense before self-defense and never be abusive or offensive.

I am dedicated, motivated and on a quest for excellence.

## The Taekwondo Student's Mind

- 1) Every member should always seek truth and practice it.
- 2) Every member should promote the highest moral character through the training of Taekwondo.
- 3) Every member should respect and obey their parents, teachers and seniors.
- 4) Every member should love their country and contribute to their community.
- 5) Every member should develop both great confidence and humility and should practice them both inside and outside the class.
- 6) Every member should always conduct themselves in a manner that will bring respect and honor to their school.
- 7) Every member should always do their best to promote intellectuality.
- 8) Every member should to their best to develop their Taekwondo school as a safe and positive environment.

- 9) Every member should develop their endurance and be calm and humble in mind.
- 10) Every member should always remember that the ultimate purpose of Taekwondo is to promote both physical and mental health.
- 11) Every member should strive for perfection and always finish what they begin.

To this day, we try to instill these qualities in our students so that they may see that Taekwondo is much more than just a physical discipline. We expect our students to show respect for the history and teachings of Taekwondo at all times; this means that each and every student becomes an emissary of the art. At no time should we do anything in our everyday life that is not representative of a true martial artist.

Like all martial arts, Taekwondo requires of its students a great deal of devotion and commitment. It demands continuous practice and a sense of perfectionism. The student, therefore, should cultivate the following attributes:

1. Willingness to learn
2. Determination to achieve a goal; physically or mentally
3. Complete cooperation with the instructor and other classmates.

The student undergoes certain disciplinary procedures during a class period. Complete obedience to the instructor is a must. Respect for higher ranks and bowing before entering the dojang is a requirement. Discipline should be the fundamental attitude and the most prominent characteristic observed in viewing a class. Troughousing in the dojang before or after the class, excessive and loud talking, chewing gum and whistling are absolutely prohibited. The emphasis on self-control in the training area will eventually develop and carry over into every facet of one's life.

The dojang is where one comes to learn of Humbleness and Obedience, Respect and Good Manners. It is where one observes Leadership, Commitment, Friendship and Unity. It is where one becomes physically tired but mentally strong.

As in sports, the first days become more challenging and more difficult as one tries to teach and train the muscles for a particular movement or exercise. To keep pace with the exercise is a burden which requires not only physical endurance, but mental strength as well. The obstacles of the first days become the building blocks by which the student develops and matures physically and mentally as a responsible martial artist.

The new student is advised to slowly develop and adapt to the new exercises. The student is encouraged to do his or her best at his or her own pace. Personalized instructions are readily available at this or any stage of development or any aspect of our training which is unique to the student.

The new student should spend considerable time stretching and loosening up in the early stages of practice. One should also work on coordination and balance by repeatedly practicing basic kicking, blocking and punching techniques. The basic forms are one of the best methods of learning coordination and concentration when practiced regularly and thoroughly. The student is encouraged to learn forms and practice them as often as possible. A thorough understanding of the different exercises, techniques and a complete commitment to the martial arts will make the early days much more enjoyable and useful.

Exercise should be somewhat enjoyable, so one should develop a daily program which is acceptable to one's body and schedule. It is recommended that to gain fitness and complete comprehension, one should train in the dojang three (3) times a week; more is always better but no fewer than two (2) days.

## **Meditation**

Meditation is the relaxed state of mind developed through certain breathing and relaxation methods. When one meditates, the eyes should be closed to shut out about 80% of incoming data to the brain. The brain releases four brain wave patterns:

- 1) Alpha: Desired meditation state.
- 2) Beta: Wide awake; active.
- 3) Theta: Day-dreaming, just before sleep.
- 4) Delta: Sleep.

It is important to train your body to relax during stress, as tests have revealed a higher resistance to pain and anxiety when one is relaxed. Meditation can best be described as relaxation. We assign no religious significance to it. It is used solely to relax and practice breathing patterns. Learning to breathe properly is often times neglected. Most people use only a third of a half of their lung capacity. They lose much potential energy. The body and blood need oxygen to function properly, or else you will tire easily when working, playing, exercising etc.

## Ki Hap

Literally translated, “Ki” means energy and “Hap” means to bring together. When we yell or exhale at the end of a technique, we accomplish several things. Firstly, we flatten our diaphragm by expelling our air. If you are struck to the stomach as you are attacking, you will not have the wind knocked out of you. Secondly, you increase your power at impact. Studies taken with weight-lifters indicated that they could lift as much as 15% more weight when they were allowed to yell as they lifted. Thirdly, it serves to have a psychological effect on your opponent, possibly freezing them for a split second, giving you more time to strike. This is what most soldiers are taught to do as they attack, as it adds to your opponent’s stress level. Lastly, it serves to control your own breathing and your own energy. Under stress, we have a tendency to hyper-ventilate, breathe shallow or hold our breath. A sharp yell will return control of your breathing, maintaining your oxygen supply and, therefore, maintaining your strength.

## Theory of Power

- 1) Concentration: Mental and Physical focus.
- 2) Reaction Force: Equal and opposite.
- 3) Equilibrium: Dynamic and static balance
- 4) Breath Control: Exhaling on impact
- 5) Speed and Mass: Force equals mass times acceleration

### Concentration

- a) Mental: Clearing the mind and focusing the mind on the technique.
- b) Physical: Being fluid and relaxed during transition, rigid at completion of technique. Applying the force of impact onto the smallest target area and thereby concentrating the force and increasing its effect.
- c) Spiritual: focusing all of one’s energy at the point of impact using Ki Hap.



## **Reaction Force**

According to Sir Isaac Newton, every force has an equal and opposite force. If you were to throw a baseball against a wall, it would return with an equal force. If you throw lightly, it will only bounce a small distance. If you throw hard, it will come back faster and harder.

Also, an object in motion tends to stay in motion until acted upon by another force. This is why we use reciprocal action with our techniques. For instance, if you throw a back leg roundhouse kick, you have a tendency to keep moving forward. If, however, you pull back with your arms, you counteract the motion forward and maintain your balance.

## **Breath Control**

Breath control is important in both defensive and offensive situations. One should exhale at the end of blocks, strikes and kicks so that if you are struck, the stomach is flat and the muscles tense in order to better absorb the blow.

If one starts to breathe shallow while fighting or performing any function, the body panics. One usually starts to become overheated, begins to sweat profusely, becomes lightheaded and that body collapses due to lack of oxygen. Much like a car running out of gas the body needs oxygen to perform properly. When breathing improperly, not enough oxygen is going to where it is needed.

## **Speed and Mass**

Force equals mass (weight of object) times speed (how fast that object is traveling). In other words, if you were striking with your hand and the weight of your hand can not change, the only way to increase power is to increase the speed at which it travels. The same hand holding a heavy object would not have to travel as fast in order to produce the same amount of force.

## **Vital Spots**

In Taekwondo it is important for the student to have a basic knowledge of the human body and its vital spots. Vital spots are those points or areas on the human body that are more vulnerable and sensitive to attack. Therefore, all serious students of taekwondo should familiarize themselves with the location and degree of the vulnerability of each vital spot.

## **Breaking (Kyookpa)**

Breaking is done primarily to demonstrate the Theory of Power. It should never be practiced to impress or show off. It is the culmination of hard study and the application of the basics you are taught. In order to break, one must clear one's mind so that there are no distractions. By concentrating mind and body and spirit into one single purpose, breaking is achieved.

One should not attempt breaking without trained supervision. Breaking incorrectly can result in serious injuries. When your instructor feels you have enough experience and practice, he will show you the proper way.

## **Forms (Poomse)**

Most oriental martial arts systems have a series of formal exercises; in Korean the term is "Poomse" (poom say), in Japanese the term is "kata". In many systems these "forms" represent a catalogue of the styles' techniques.

Poomse are a ritualized series of movements that are designed to simulate a combative situation (attack and defense) against someone other than one opponent. In Taekwondo, Karate and Kung Fu, they are typically performed solo with the student imagining their opponents. Other martial arts such as Judo, kendo and Aikido, practice forms with a partner. Generally speaking, Forms are designed developmentally and as such, are inherently tied-in with the ranking system of an art.

Historically, these formal exercises were used during periods of oppression where the study of martial arts was forbidden. Instructors would teach poomse to their students on their rare encounters and this would give the students an avenue of self-learning and a way to practice the techniques within a given system.

Poomse teach a student basic skills such as balance, coordination, focus, mobility, stance integrity, accuracy, power generation, concentration, explosiveness, endurance, discipline and patience. Conceptually, poomse are the practice of combat in an "ideal" state. Poomse transmit technical understanding in a pristine manner, thereby teaching strong fundamentals that will form the basis of the student's training.

They are also a measuring scale of one's devotion and commitment to the basic teachings of the martial art. Therefore, one is required to study and master a number of Poomse as one continues to learn and develop in their martial art.

Poomse are designed around floor patterns. They basically begin and end in the same place (evolving from the philosophy of the circle/cycle). The beginning poomse incorporate the four basic Cardinal Points or directions. More advanced poomse utilize different angles and more complicated floor patterns. The following terms are commonly used to describe directional movements in forms.

**Compass Points:** used as references for changing directions. All poomse start with the practitioner facing conceptual North; South is behind, East is right and West is Left.

**Clock Face:** In this method of referencing direction the practitioner faces a conceptual 12 O' Clock; 6 O' Clock is behind, 3 O' Clock is right and 9 O' Clock is left.

**Clock Wise:** Turning refers to a direction consistent with the way clock hands turn. Counter-clockwise is just the opposite.

All poomse begin and end with Choombi, ready position. When bowing at the beginning and at the end of the poomse, the left foot always comes in for the bow and then back out. All poomse begin with a block to symbolize our philosophical reluctance to resort to physical conflict resolution. We are a defensive art.

## **Sparring (Gyorugi)**

Sparring is done to practice combat without the risk of severe injury that you may have to do on the street to defend yourself or your loved ones. Normal sparring will entail the same rules we use in W.T.F. competitions with minor modifications made by the instructors to work different areas of your progression.

To become proficient at sparring takes much dedication. The essence of sparring breaks down to some basic elements. Timing is essential. If you throw the hardest kick possible and it is 10 seconds too late, it will be of no use to you. You must learn when to defend and when to attack. Distance is also very important. One must be able to keep a safe distance when necessary and be able to close the distance when you need to counter. Balance is another important element. One must be properly balanced when executing techniques. You may only get one chance to strike, so it must be delivered the best you possibly can. Most important is patience. You must be able to wait for the proper moment when your technique will do the most good.

All the elements of the Theory of Power and all the physical traits will be dealt with in your classes.

Also dealt with in your classes is your mental attitude while sparring. One of the most important things to remember is self-control. A person that cannot control their own body or mind cannot be expected to control someone else's.

For a student to become good at sparring, one must learn to become one with the opponent, move as they move, think as they think, and only then will you be able to defeat them.

Most beginners will rush in to try and score techniques but are most often scored upon in the process. It is not how many times the techniques land on the other, but rather how few times the techniques do not land on you. If you throw twenty techniques and you get scored on twenty times, then you are not successful. If however you throw twenty techniques without scoring, but you are not scored upon, then you are successful. The key is self-defense, not getting yourself hurt. This is what you should strive for.

Most beginners look at sparring as a competition, and in a way it is, but too often they let their egos get in the way. When you spar, you are asking your opponent to point out your weaknesses. So when a classmate scores a technique, thank him or her for helping you develop your defense.

Sometimes it is not whether you win or lose, but a matter of staying alive. In class, however, make sure that you follow all the recommendations of your instructor. Sparring is a personal thing. Some techniques may work for you; some may not, but you can at least try the techniques and make your choice based on your own abilities.

Remember that what you practice is what you will react with under pressure. The sparring in class is done nicely and done without emotional outburst. On the street, when faced with violent emotion, you may feel like fading and become scared. Violent emotion can give a person a short burst of energy, but violent energy is short-lived and ends in exhaustion. So, if you are under control of yourself, you can maintain and wait until your opponent has exhausted themselves. At this time, you will emerge victorious.

Remember: Spar without ego, train hard, temper your spirit with self-control, and you will, with our qualified training staff, become proficient in defending yourself.

## **Olympic Style Sparring**

The World Taekwondo Federation, the official governing body of Taekwondo, was formed in 1973. It was admitted into the General Association of the International

Sports Federations (GAISF) and the International Olympic Committee (IOC) in 1980. Taekwondo debuted as an Olympic Demonstration Game in 1988 in Seoul, South Korea and was featured again in 1992 in Korea as was featured again in the 1992 in Barcelona, Spain. Since the 2000 Olympic Games, Taekwondo has been declared an official Olympic Sport.

As in the Olympic slogan, “Faster, Higher, and Stronger”, Taekwondo competition encourages competitors to improve the level of human capacity. Taekwondo competition is a form of education that takes place through the practice of skills and their application in competition ring provides a venue where following the rules and for doing ones best are rewarded. The site of competition is a place to learn the way to achieve harmony and perfection of the mind, body and spirit through the discovery of true self. This is possible through the struggle within the self while facing the opponent.

Competition is a method of developing the full potential of the human body, both physically and technically. Taekwondo competition pursues the development and integration of fitness, technique and strategy as well as a sense of humility and sportsmanship.

The ultimate ideal of Taekwondo practice is to achieve a state of mind in which the performer is acutely aware of the endlessly changing competition environment and can effortlessly react to such changes. This state of mind becomes possible through mastery of a broad range of offensive and defensive Taekwondo skills.

Valid techniques for scoring points in competition include a variety of punching and kicking skills. The punch can be used only to the “trunk” (areas covered by the chest protector, otherwise called a Hogu) and kicking techniques can be executed to the face or head. Any technique below the belt is prohibited. One point is awarded to any valid technique that is delivered accurately on the Hogu with proper amount of power. Three points are awarded to any valid technique that is delivered accurately to the head with the proper amount of power. An extra point is awarded to any “spinning” kicks that are delivered accurately to any legal area with the proper amount of power.

For the complete Official Olympic Sparring competition rules please click:

## **Beginner’s Etiquette**

1. Colored ranks must wear all white Martial Arts uniforms. Black belts are allowed to wear colored uniforms. Only appropriate and approved patches are

allowed to be worn on uniforms. Pant legs should be hemmed. Uniforms and patches are required prior to testing. Once a uniform is purchased, the student is expected to train in full uniform every class from then. If a shirt must be worn underneath, it should be plain white or the color of their belt rank.

2. Arrive early, dress out and then begin to stretch on your own. Be ready to start class on time. When entering or leaving the dojang floor, remember to “bow in” towards the flags. If you arrive late to class, bow onto the mats and remain in the doorway in Choombi position until the instructor allows you to join class.
3. Lower ranks shall not ask a senior rank to spar, be their uke (partner who takes the throws), or ask them to be the recipient of any technique delivery. Never put a senior grade on the defensive in any way, to any degree; it is disrespectful and you may not be able to cope with their response.
4. Always bow before speaking to another martial artist, whether higher or lower rank. It is customary for the initiator of the conversation to initiate the bow. When executing techniques, it is not necessary to come out of stance to ask a question; a head nod with either, “excuse me...” or a “thank you” is sufficient.
5. Do not fidget or move while in attention stance, ready stance, or during meditation. Breath, relax and concentrate.
6. Remember, no one is perfect. Avoid a “know-it-all” attitude; go into class with the attitude that you’re going to learn something.
7. Try not to laugh at new techniques, customs, or if you or others make a mistake. Maintain self-control and a serious attitude.
8. Do not walk between drills. Always maintain good stance and posture while the instructor is talking; do not relax hands or posture unless told to do so. Do not waste precious training time; when commands are given, immediately respond. When “paro” is called come to ready stance, to attention stance, then to “at ease” position (straighten lines). When straightening your uniform, always turn away from the front, instructors, and class. When sitting during class, never lean on the walls. Maintain your own posture and practice self-discipline.

9. If you are dismissed from class lines for any reason, turn around and walk straight back passed the last line and then walk off of the mats from behind all the students. Thus demonstrating respect for others while staying safe from other's techniques.
10. Do not compete with or try to out-do classmates. Concentrate on your own technique and skill level.
11. When corrected, don't reply "yes, I know" or "that's what I did". Simply reply "yes, sir (ma'am)" or "thank you". Be gracious!
12. During floor exercises, when in either 1<sup>st</sup> or last row; Kiap (yell) when you get to the wall to let your instructor know you've run out of space. Always kiap when going into stances, during switch stance, or deeroh dohrat (turn around). If you are too close to the person in front of you in line, then you should take a few steps back to be able to throw technique safely.
13. Colored grades are not allowed to make school policy decisions collectively or independently. Always seek approval before making any changes or "improvements". Feel free to volunteer your assistance in school duties. Show your appreciation by actions and deeds.
14. When students attend class in street clothes to watch, it is customary to stand on the side and bow in and out with the rest of the class (if there during this part of class). It never hurts to show respect. When dan(s) are in street clothes, they may assist with white and yellow belt classes if they are invited to do so by the class instructor. Dan ranks in street clothes should never assist (or comment from the sidelines) with any advanced classes.
15. Learn to stand with good posture and hold yourself with pride. Pull your shoulders back, hold your head up, and let your arms hang naturally at your sides. Do not fidget, cross arms in front of your chest, or place hands on hips. These are a form of body language that implies a closed, resistive attitude (arms at sides represent an open mind and good attitude).
16. If the instructor is late for class, the highest-ranking person present should begin the class (or they may appoint someone else if appropriate)(green belt and above only). The class should be turned over to the instructor upon their arrival. It is important to be punctual and to set good examples. We must uphold the rules ourselves that we expect other students to comply with.

17. Advanced (instructor) grades attending beginning level classes should focus their attention on the beginners' needs. They should not work on their own techniques /skills requirements but rather should devote their time and energy to improving the skills of the individuals in the lower level classes (for e.g.: Forms & sparring should be practiced on one's own class time).
18. Students are encouraged to attend all available seminars and special workouts. These are arranged for students benefit and take considerable planning. Please be courteous and attend if at all possible. Some are free and others cost a small fee to cover the expenses involved. These are valuable learning experiences and students should take advantage of people's expertise.

## **Guide for Student Behavior**

### Safety: Always be careful!

- A. These techniques can maim or kill; practice only with utmost seriousness.
- B. Never deliberately strike anyone; if you accidentally injure another student, apologize (bow) and help them if necessary.
- C. Never clown around in class, misbehavior can cause injuries
- D. It is better not to show your skills out of class, there are always less and better skilled practitioners; remember the element of surprise!

### Discipline Yourself: Self Discipline is the most important thing to practice

- A. Mental Discipline carries over into all endeavors, apply yourself
- B. Learn good posture; always ask to be excused; avoid prolonged breaks; Restrict talking during practice; Eliminate bad language, profanity, and anger - these are sign of poor self-control.

### Behavior:

- A. Diligent practice will produce self-confidence and serenity of mind.
- B. Learn patience; skill comes only after many months of serious practice.
- C. Do not smoke, eat or chew gum while in class.
- D. NO STUDENTS WILL ATTEND CLASS WHILE UNDER THE INFLUENCE OF INTOXICANTS.



### Class performance:

- A. Do not improvise. Believe in the techniques you have been taught. Practice them until they become subconscious reflexes.
- B. Class performance, personal conduct, mental attitude, and attendance shall be criteria for judging at examinations.

### **General Rules for the Taekwondo Student**

1. Every member should always seek truth and practice it.
2. Every member should promote the highest moral character through the training of Taekwondo
3. Every member should respect and obey his /her parents, teachers, and seniors.
4. Every member should love his/her country and contribute to his/her community.
5. Every member should develop both great confidence and humility and should practice it both inside and outside the training hall.
6. Every member should always do his/her best to promote intellectuality.
7. Every member should not hesitate to sacrifice himself/herself for justice.
8. Every member should do his/her utmost to develop Taekwondo as the most popular martial art in the world.
9. Every member should develop his/her endurance and be calm and humble in mind.
10. Every member should always remember that the ultimate purpose of Taekwondo is to promote both physical and mental health.

## **Black Belt and Instructor Guidelines:**

Head Master Instructor	Kwan Jang Nim
Master Instructor	Sa Bum Nim
Assistant Instructor (3 <sup>rd</sup> Dan)	Keo Bum Nim
Assistant Instructor (2 <sup>nd</sup> Dan)	Keo Sa Nim
Assistant Instructor (1 <sup>st</sup> Dan)	Chokyo Nim
Highest Ranking Belt	Sun Bae Nim

## **Black Belt Etiquette:**

### **Upon entering the school:**

Black Belts in dobok or street clothes shall stop and bow properly towards Kwan Jang Nim upon entering the school. This will be done without exception. Students do not have to wait for the acknowledgement from the instructor if the instructor is busy.

### **Opening and Closing Class:**

\*Instructor Must Greet Class, then instruct the highest ranking belt to Bow the class in. If the instructor is late, it is the responsibility of the Sun Bae Nim to Bow the class in and begin warm ups.

### **Bowing in:**

- 1) Sun Bae Nim (highest ranking belt) shall make sure that the class is lined up properly in belt rank order.
- 2) During the salutations at the beginning and the end of class, only the instructor of the class shall take the place at the front center of the class.
- 3) The Sun Bae Nim will call the commands for salutations at the beginning and end of class:

### **-Starting Class**

- a. "Face the Flags" - Kuk King Ye, Kyung Neh (bow to the flags)
- b. "Turn and face the Instructor" - (place appropriate title) Kye, Kyung Neh
- c. "Turn and face" other instructors on the floor - (place appropriate title) Kye, Kyung Neh

### **-Ending Class**

- a. "Face the Flags" - Kuk King Ye, Kyung Neh (bow to the flags)
- b. "Turn and face the Instructor" - (place appropriate title) Kye, Kyung Neh
- c. "Turn and face" other instructors on the floor - (place appropriate title) Kye, Kyung Neh
- d. "Turn and face highest ranking belt" - Kyung Neh
- e. "Hat Chow" - means: Dismissed

-students respond: "Gam Sa Ha Mida" - means: Thank you

### **During Class:**

- 1) Every Black Belt and Instructor should behave and conduct themselves with the utmost discipline, respect and self-control, therefore leading by example.
- 2) If a student is late for class, they should bow in at the door and stand in Choombi Sohki until instructor is ready for them to join class.
- 3) When a student must leave the class during training he/she must first get permission from the instructor. When exiting the class, the student must first bow and then exit the class by running straight to the back of the class and then around behind all the rows of the other students.
- 4) Younger students must show respect to their seniors regardless of rank.
- 5) Every Dobok with the Taekwondo United Logo must have all three patches on them.

6) When Kwan Jang Nim enters the dojang (at any time) the first person to see them must immediately stop the class by commanding “Chariot”, loudly and authoritatively. The instructor will then tell the students to turn and face Kwan Jang Nim. Everyone should assume an attention stance and wait until the Master Instructor comes to attention ready to be recognized. The Sun Bae Nim is then responsible for saying, “Kwan Jang Nim Kye, Kyung Neh”. Then the instructor may regain the attention of the class and continue with the lesson. If the class is in the middle of a poomse, wait until the poomse is finished and then continue with bowing procedure. This rule applies 100% of the time.

7) If a Black Belt arrives early for class, they must respectfully ask if their assistance is required.

8) An instructor must always teach what has been taught and not improvise or teach “foreign” techniques unless first approved by the Master Instructor.

### **Dojang Rules:**

- 1) Have dobok and belt on before entering the dojang.
- 2) No shoes or socks.
- 3) Dobok must be clean, and not wrinkled.
- 4) If you are late, you will bow in at the door and stand in Choombi Sohki until instructor is ready for you to join class.
- 5) No food, drink or gum in the dojang.
- 6) No jewelry.
- 7) No talking when others are talking.
- 8) Raise hand when asking a question.

- 9) Foul language is not acceptable.
- 10) No playing, moving or horseplay unless instructed to.
- 11) Always keep dojang clean.
- 12) Always show respect and courtesy towards others.
- 13) No kicking, punching or climbing on anything, unless instructed to.
- 14) Keep hands and feet to yourself, unless instructed otherwise.
- 15) Keep hands and feet off of glass and mirrors.
- 16) Always sit in “excellence” when seated.
- 17) Always answer “Yes Sir/ No Sir” or “Yes Ma’am/ No Ma’am”.
- 18) Fingernails and toenails should be clipped and kept short to prevent injury of one’s self or others.

### **Lobby Rules:**

- 1) No running, playing or horse play in the lobby area.
- 2) Please lower your voice while class is in session.
- 3) No student or parent may enter the dojang unless invited by the instructor.

- 4) No student, parent or instructor may coach or teach from the lobby while class is in session.
- 5) Foul language of any kind is not acceptable.
- 6) Please keep all conversation topics appropriate for children (they can hear you).
- 7) Please maintain a positive and supportive attitude.
- 8) All questions or comments need to be referred to the front desk or Master Geoff Rackebrandt directly.
- 9) Please clean up after yourself (drinks, food and garbage).

### **Hallway Rules:**

- 1) No running, playing or horse play in hallway at any time.
- 2) Keep all areas clean and clear of equipment, shoes and bags.
- 3) Please clean up after yourself (food, drinks and garbage).
- 4) No foul language of any kind.
- 5) Please keep all conversation topics appropriate for children (they can hear you).
- 6) Please maintain a positive and supportive attitude.

### **Basic Vocabulary:**

<b>English:</b>	<b>Korean:</b>
Taekwondo School	Dojang
Uniform	Dobok
Belt	Dhee
Bow	Kyung Neh

Head Master Instructor  
Master Instructor  
Assistant Instructor (3<sup>rd</sup> Dan)  
Assistant Instructor (2<sup>nd</sup> Dan)  
Assistant Instructor (1<sup>st</sup> Dan)  
Highest Ranking Belt  
Attention Stance  
Ready Position  
Return to Ready Position  
“At Ease”  
Belt Rank  
Black Belt Rank  
Form  
Switch  
Begin  
Hello  
Goodbye

Kwan Jang Nim  
Sa Bum Nim  
Keo Bum Nim  
Keo Sa Nim  
Chokyo Nim  
Sun Bae Nim  
Chariot  
Choombi  
Paro  
Sho  
Gup  
Dan  
Poomse  
Kyodae  
Si Jak  
An Young Ha Seo  
An Young Ha Ge Seo

### Counting:

One  
Two  
Three  
Four  
Five  
Six  
Seven  
Eight  
Nine  
Ten  
Twenty  
Thirty

Hana  
Dul  
Set  
Net  
Dasut  
Yasut  
Ilgop  
Yodol  
Ahap  
Yul  
Sumol  
Seron

### Kicks: (Basic)

Front Snap Kick  
Round House Kick  
Axe Kick  
Side Kick  
Front Leg

Ap Chagi  
Tolio Chagi  
Chigo Chagi  
Yop Chagi  
Ap Bal

**Strikes: (Basic)**

Palm Strike  
Elbow Strike  
Punch  
Knife Hand

Batangson Chigi  
Palkup Tolio Chigi  
jirugi  
Sonal Chigi

**Blocks: (Basic)**

Block  
Low  
Low Block  
High  
High Block  
Middle  
Outside  
Inside

Maki  
Areh  
Areh Maki  
Ogul  
Ogul Maki  
Montong  
Bakat  
An

**Stances: (Basic)**

Attention stance  
Ready Position  
Horse Back Stance  
Deep Stance  
Back Stance  
Walking Stance

Chariot  
Choombi  
Joochoom Sohki  
Ap Kubi  
Dwi Kubi  
Ap Sohki